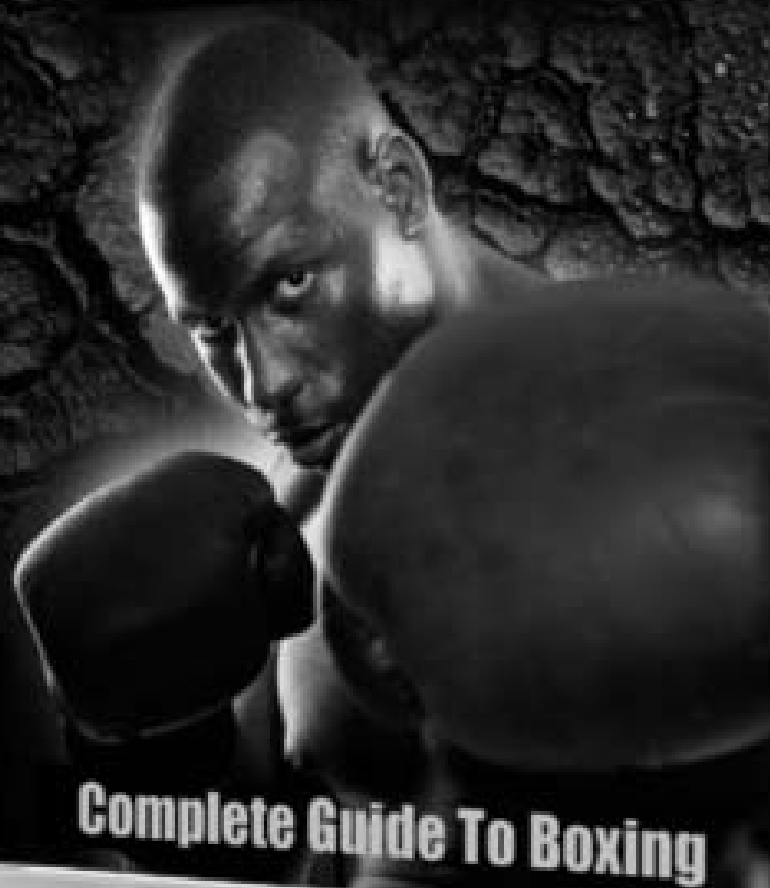


Boxing Fundamentals



Complete Guide To Boxing

complete guide to boxing

BOXING

S I M P L I F I E D

BY

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N E W Y O R K

P B E N T I C E - H A L L , I N C .

1951

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Dedication

To Leo Ryan and Joey Thomas, my first boxing trainers in Minneapolis; to George Barton, a great boxing writer and one of the grand men of sports who taught me the values of boxing; to Vern Woodward, my valued boxing associate; to all the superb boxing athletes against whom I have participated; to the fine young men I have coached at St. Thomas college, at the University of Wisconsin, on the 1948 United States Olympic team, and in the Marine Corps.

To the many thousands of loyal, enthusiastic collegiate boxing fans of Wisconsin, and to our sportswriters who all shared in and made possible a successful boxing program at the University of Wisconsin. This book is dedicated to each of you for your all-important assistance. It is my sincere hope that this book will help make it possible for other coaches and boxers to enjoy the great sport of boxing and to benefit from it as fully and richly as I have.

The Author

It was March 21, 1933, and the University of Wisconsin was engaging in its first intercollegiate boxing match. Its opponent was St. Thomas of St. Paul, and the coach of the St. Thomas team was a spindly kid with the face of a choir boy, who was a student there.

The spindly kid who was handling St. Thomas was John J. Walsh, and the way he handled that team convinced the late George Downer that he was just the man Wisconsin needed.

Downer, a former Milwaukee sports editor who had taken over as director of athletic publicity at Wisconsin, had a deep interest in boxing, and he had much to do with promoting the sport.

Walsh came to Wisconsin as head boxing coach in 1934, and some of the boys he coached were older than he was. But Walsh was one of those natural teachers, a genial, friendly fellow who still could command the respect of his pupils. Not only could he command their respect, he had the knack of keeping them interested, and he had the ability to impart his knowledge to them.

The result has been a happy one for Walsh and for the University of Wisconsin. He received his law degree from the university and is a successful and respected practicing attorney. Furthermore, he is the most successful boxing coach in college history.

THE AUTHOR

Successful? Take a look at a few of his accomplishments:

There have been 13 National Collegiate Athletic Association (N. C. A. A.) tournaments, and Wisconsin has won the team championship in five of the 10 meets it entered.

Wisconsin has won 24 individual championships, eight more than the next closest school.

Walsh's 1943 team won five of the eight N. C. A. A. individual championships in 1943 and won four out of eight in 1939 and 1942; no other school has ever won more than three in any one tournament.

Of the 17 teams he has coached at Wisconsin—he was with the Marine Corps in the Pacific Theater for a time in World War II—nine have gone through a dual meet season undefeated and untied, and three others had records marred only by a tie.

His 1938-39-40 teams ran up a string of 18 straight victories; following a defeat in 1940, Walsh's Badger teams of 1940-41-42-43-44 ran up a string of 24 straight triumphs. That was bettered when his 1946-47-48-49 teams chalked up 26 straight victories.

Bespeaking the popularity of Walsh's Wisconsin boxing teams is the fact that they have drawn as high as 70,200 for five matches at home, that Wisconsin has broken all attendance records upon the four occasions that it has been host to the N. C. A. A. tournament, the all-time mark of 59,800 being set in 1948.

He was co-coach of the 1948 United States Olympic boxing team. He has been identified with many of the safety factors that have been introduced into intercollegiate boxing.

THE AUTHOR

That's a capsule history of the fellow who first saw the University of Wisconsin as the undergraduate coach of a team that met the Badgers in their first intercollegiate match.

The association of Wisconsin and Walsh has been mutually happy.

HENRY J. MCCORMICK,
State Journal Sports Editor.

Foreword

Devoted as I am to popularizing amateur boxing and to improving the caliber of this particularly desirable competitive sport, I am highly enthusiastic over John Walsh's boxing instruction book.

No one in the United States today can equal John's record as an amateur boxer and a coach. He is highly regarded as a sportsman. Before turning to coaching and the practice of law John was one of the most successful college and Golden Gloves boxers the sport has ever known.

The soundness of his instruction is impressively attested to by the feats of his University of Wisconsin boxing team in going nine years without loss to a collegiate rival in a dual meet.

In this book John sets forth clearly and concisely the principles of successful boxing just as he has imparted them for years to boxing classes, members of his fabulously successful Wisconsin team, and United States Olympic Team boxers whom he has coached. These pages are commendably free of unproven theory. Everything expounded by John is based on long-proven fact.

This book will prove a tremendous aid to boxers and coaches alike. I am particularly enthusiastic about the manner in which John dispels quaint and absurd misconceptions about amateur boxing. This book is not only

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a masterful teaching instrument, but also a convincing selling medium for the sport.

Athletic directors in schools, military establishments, clubs, churches, and communities would do well to study the pages that follow. No one doing so could deny boxing its rightful place in any well-rounded athletic or physical education program.

ARCH WARD
Sports Editor
The Chicago *Tribune*

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1

Introduction

THE FOLLOWING CHAPTERS DEAL WITH ORGANIZED AND supervised boxing as conducted today in colleges, high schools, and recreational centers. They are in no way concerned with *professional fighting*, with which *amateur boxing* should at no time be confused.

Professional fighting is a business conducted for monetary gain. *Amateur boxing* is a competitive sport or recreation. These distinctions should be kept in mind at all times.

We are directing our instructions, advice, and suggestions to the coach supervising boxers individually or in groups; to the boy who, motivated by a desire for competitive or recreational activity, wishes to learn the fundamentals of boxing; and also to the father who acquiesces to the urge to teach his son the art of boxing.

We intend to be very *fundamental* in our approach, and thus to enable even an inexperienced coach to put across readily an effective instructional program to his boys. We want to make it possible for the boy to whom personal supervision is unavailable to teach himself. We also hope to save the father lacking in boxing experience the ignominy of receiving a "shiner" as he attempts on bended knees to impart to his son the principles of the "manly art."

INTRODUCTION

We believe that too often the fundamentals of boxing are overlooked in favor of complicated punches, series of maneuvers, and fancy footwork. Just as fundamentals such as tackling and blocking pay off in football, so it is the properly executed left jab, straight right, and an occasional left hook that bring victory in the boxing ring.

Experience has proven that the methods of teaching and learning boxing employed throughout this book are just as adaptable to youngsters as they are to boys of high school and college age. We have found through years of work with "kid" classes that lads of seven to twelve years are often more adaptable to these methods than their older brothers who may have acquired erroneous ways which must be righted.

My personal enthusiasm for amateur boxing stems from my experience with the hundreds of fine young men with whom I have worked as a boxer, as coach at the University of Wisconsin, while in service with the Marines, and as a coach of the United States Olympic team. They have been the sons of poor men and rich men; they have come from the big cities and from the farm; they have ranged in weight from 90 pounds to 250 pounds; some have been timid, others bold; many had never boxed before. They have in no way been "typed." And when our active association as student and teacher ended each boy without exception was the richer for his experiences. *Not a single boy* has borne a mark that might not just as well have been inflicted in a sliding accident, in a friendly scuffle, in an accidental fall, in a football game, or in a basketball contest. And the poise, coordination, confidence, physical conditioning, and competitive experiences gained were

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apparent without exception. Many of these boys have since become lawyers, doctors, teachers, or businessmen.

One of our own Wisconsin boys—Woody Swancutt, who was a two-time national collegiate champion—distinguished himself as a B-29 pilot over Japan and was later selected in competition with thousands of others seeking the honor to pilot the plane dropping the first test atom bomb at Bikini. Woody's foremost rival in college—Heston Daniels of Louisiana State University—flew one of the United States Army planes participating in General Doolittle's first raid over Tokyo. Here again the pilots were carefully selected from among the finest physical and mental specimens in the United States Army Air Force. The famed and great Jimmie Doolittle himself first gained prominence as an amateur boxing champion.

A Captain of Navy Air personnel who was in a large measure responsible for the selection of candidates for Naval Aviation placed boxing number one on the list of sports that best qualify a boy to be a pilot. He attributed this to the splendid coordination; to the lightning-fast timing and sharp reflexes; to the superb physical condition; and to the "will to win," or competitive spirit, developed in a well-supervised boxing program.

Amateur boxing today is receiving its most significant endorsement from the many great educational institutions who sponsor the sport at the intercollegiate competitive level. Among them are the United States Military Academy, the University of California, Stanford University, the University of California at Los Angeles, the University of Santa Clara, Washington State College, Idaho University, the University of Minnesota, the University of Wis-

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consin, Syracuse University, Penn State College, Michigan State College, the University of Virginia, Louisiana State University, the University of North Carolina, the University of South Carolina, and Miami University of Florida. Among notably successful smaller colleges are San Jose State and Gonzaga University whose boxing teams consistently rank high nationally.

Colleges and universities that do not conduct boxing activities at least at the intramural level are in the very definite minority.

The sport is very successfully conducted at the public high school level in Virginia, Louisiana, Washington, and Wisconsin.

2

Equipment

PROPER EQUIPMENT IS A "MUST" IN ANY BOXING PROGRAM. A capable, qualified coach would not send a boy on the football field without proper shoulder pads or headgear. Yet, I have seen high school boxers use worn-out gloves and a makeshift mat with no canvas cover; and I have known of boys who have not been provided with aluminum cups. This is absolute false economy, and should not be tolerated.

Proper mouthpieces, well-padded headgears, and hand-wraps should be available for all contestants in a boxing program. It is advisable to have high-topped boxing shoes, but where economy is a factor, light-weight basketball shoes will suffice.

All equipment should be properly maintained, both for the safety of the boy and for reasons of economy.

In comparison with most other sports, boxing is inexpensive to conduct, and can be very profitable financially. After the initial outlay for the ring, punching bag, and gloves, additional purchases are minor in nature. Upkeep is incidental. Many high schools in the states of Louisiana, Washington, Virginia, and Wisconsin are now showing a larger profit from boxing than from any other sport. In

EQUIPMENT

numerous colleges boxing receipts are second only to those derived from football. We do not wish to convey the impression that we suggest boxing only because of the profit motive. But we do wish to show that the sport needn't be conducted at a financial loss to the school.

We strongly urge that the rules and regulations regarding equipment as laid down in the N.C.A.A. Boxing Guide by the National Collegiate Athletic Association boxing committee for colleges be carefully studied and followed. These recommendations have been drawn up with the welfare of the boxer in mind. All contestants as well as coaches should familiarize themselves with the contents. Under these rules a ring is required on which the padding extends over the edge for added protection. All turn-buckles must be padded and the ropes wrapped with flannel or gauze. The mat should be at least two inches thick, with a tight canvas cover on top. All bouts and meets must be fought in a regulation ring. Remember, accidents are caused only by *laxity* and *carelessness*.

Hand bandages should be worn at all times by contestants in both practice sessions and actual bouts. The details of bandaging will be covered in a later chapter.

Regular gauze of two-inch width is recommended for actual bouts, but regular ankle-wrapping or similar material is satisfactory for practice sessions.

Rubber mouthpieces are another essential for all boxers. They are inexpensive. You will find the investment a wise one. It is certainly much cheaper than the dental work which may be required when no mouthpiece is used. The mouthpiece will eliminate practically all teeth injuries and mouth lacerations which are caused by the lip coming in

EQUIPMENT

contact with an irregular tooth. Many boxers find it advisable to secure a mouthpiece made from an actual impression. This is desirable even though expensive.

In the purchase of boxing gloves be sure to avoid false economy. A good glove should be purchased initially. The end result will actually be less expensive. A cheap glove bunches up and does not give the proper protection to the boy who is hit. Do not work the padding in a glove. This breaks up the padding and makes it lumpy. Grease the leather with vaseline at least twice a week. Boxing gloves should always be hung up to dry after being used. Make sure they never touch the floor. The grease on the leather will pick up dirt. This, when rubbed against the skin, may cause infection. Also because of possible infection, the ring ropes should be kept clean and well-padded. For high schools a 12-ounce glove should be used up through the 132-pound class, and a 14-ounce glove at all weights above. For training purposes 16-ounce and 18-ounce gloves should be used. A glove especially designed for high schools and colleges is on the market. In it more padding has been placed over the hitting surface. A web extends between the thumb and the forefinger. Use of this new glove has practically eliminated face or eye cuts, and has greatly reduced the frequency of knockouts. Do not use gloves designated for actual competition for practice sessions. Only comparatively new gloves should be used for actual bouts.

Use a regulation ring during all practice sessions. Punching bag stands for the light bag, and a few training bags for heavy punching should also be available. Jumping-ropes are standard equipment in any boxing gymnasium.

EQUIPMENT

Once you have obtained the proper equipment as listed above your instructional job can get under way. This involves thorough physical conditioning, plus stress on the fundamentals of boxing.

The rules make a headgear compulsory for all actual matches. This headgear is specially designed and is termed a "competitive headgear." It is lighter in weight than the headgear used in training, but affords the same amount of protection to the eyes and ears. It also includes extra padding at the base of the skull as protection for a boxer on the rare occasions when his head hits the canvas as he falls. It has been definitely ascertained that many injuries incurred in the professional field have not resulted from a blow, but rather from falling to an improperly-padded ring floor. The competitive headgear with its ample padding is another precaution to avoid possible injuries of this nature.

3

Necessary Precautions

IN BOXING, AS IN ANY OTHER CONTACT SPORT, CLOSE SUPERVISION is *imperative* to avoid unnecessary accidents.

In virtually every high school and college or university in the United States a boy intending to compete in basketball or football must have a certificate of physical fitness. The same precaution *must* be taken for a boy who wishes to box.

Make-shift facilities are to be carefully avoided. A well-padded ring enclosed properly by ropes is an absolute essential. Never permit boys to box where there is a chance of falling to a hard floor or against objects which might injure them. Follow closely the specifications set forth in the N.C.A.A. rule book, which you should obtain and read in detail.

Worn-out or broken-down boxing gloves should never be used, both for the protection of the hands and avoidance of unnecessary bruising.

Every coach should insist that his boys wear headgears, mouthpieces, and protective cups at each boxing workout. Permit no exceptions. If a mouthpiece slips out, or a headgear becomes improperly adjusted, time should be

NECESSARY PRECAUTIONS

called to replace the mouthpiece or to properly adjust the headgear. To overlook these details is to be remiss in your duty as a coach or supervisor.

No boy should ever be allowed to box even a single round without properly bandaged hands. A bruised thumb could readily handicap him for an entire season, and permanent injury might also result.

We firmly adhere to a rule providing that no candidate for our team may actually box except in the presence of and under the supervision of one of the coaches. Only by this method can the coach make sure that boys of equal ability, experience, and physical proportions are matched against one another. It is a grave mistake to permit boys to pair off indiscriminately as boxing partners.

All rule books, whether for amateur boxing or professional fighting, provide that a doctor be in attendance at ringside. We don't want to convey the impression that this is necessary because of any dangers inherent in boxing. It is a precautionary measure that is also taken in all properly supervised contact sports contests. Virtually every high school or college conducting a competitive sports program has an M.D. who is designated as the "team physician." Call on this man to examine carefully each boxing team candidate before he actively engages in the sport; have him observe the boy at any time you have reason to suspect any injury or illness; and require that each boy undergo examination the day of a match. This is an added precaution which eliminates the possibility of a boy who is sub-par because of illness exposing himself unnecessarily to possible injury.

NECESSARY PRECAUTIONS

The National Collegiate Athletic Association Boxing Guide has been carefully and thoroughly prepared. If you will conscientiously digest and follow all rules and provisions contained therein, you will be fulfilling your duty as a coach.

4

Early Conditioning

ALL BOXING TEAM CANDIDATES ANSWERING THE COACH'S first call should be expected to report in good enough condition so that they can go at top speed in workouts.

Early conditioning ideally consists of road work at least three times weekly for one month prior to the first squad drills. The candidate should be informed that the heavy roadwork is done before the season begins, and for a time immediately thereafter. Only infrequent roadwork sessions are necessary once the boxers have attained the proper physical condition. This means actually that during the regular competitive season the boys do not have to devote as much time to conditioning routines as they did beforehand. They become increasingly engrossed in the details that fit into the mechanics and strategy of the game. During this process boxing becomes more a fascinating recreation, and less a dull routine.

Road Work

There are many theories on how to do road work. Some advocate the long tedious grinds of three to five miles. I have always contended, and followed the theory, that the long grinds possibly are necessary preparation only for the

EARLY CONDITIONING

10 to 15 rounds of professional fighting. For the high school or college boy, or any other amateur who will box three one-minute or two-minute rounds, running short distances, with wind sprints, will better prepare him for his type of contest. During the month previous to the regular practice sessions he may increase his stamina and physical condition by jogging, preferably outdoors, for approximately one minute and 45 seconds, and then sprinting at top speed for 15 seconds. He should walk the next minute, thereby catching his wind, and repeat the performance. He should go through this routine about six times the first day of road work; then increase to 10 or 12 times when his condition warrants it. At the end of the first month of such road work, if he is a high school boxer and boxing only one-minute rounds, he should change to jogging 45 seconds, next sprinting at top speed for 15 seconds, then walking a minute, and repeat. My theory and reasoning are that a boy should do his road work in accordance with the length of the rounds he boxes, and in the manner in which he boxes. In an average round, a boy is sparring around for an opening (this corresponds to the jogging) ; the opening is found and the gloves are thrown fast and furious for 10 or 15 seconds (this corresponds to the sprints). Some boys find it more to their liking to measure their distances in blocks rather than by time. They will jog a third of a block, sprint a third of a block, then walk the last third, repeating this each block. I have found both methods successful and can promise that boys following either of them will be fit to go three fast rounds.

5

Proper Workouts

JUST WHAT CONSTITUTES "PROPER WORKOUTS" IS ONE OF boxing's most controversial topics. I refer now to workouts just before the regular season and during the actual season, after the boys have become physically conditioned by plenty of early road work, and have drilled upon and thoroughly mastered the fundamentals.

Many of my college coaching friends believe in long workouts of 10 to 12 three-minute rounds each day, even though college-boxing rounds are two minutes. Under the same theory, they believe in working high school boys rounds of two minutes each, even though training for bouts of one-minute rounds. Their argument is that, if a boy can go the longer distance, he will be much better over the shorter distance during the actual contests, and that psychologically he will feel better.

It has always been my contention that a boy in training should box rounds the exact length of those he will box competitively—workouts of two-minute rounds for college boys, and one minute for high school boys. My theory is that if a boy trains via longer rounds he develops a different pacing; he slows down the action; and during a regular bout he does not know how to time himself prop-

PROPER WORKOUTS

erly. He will not go "all out" as is necessary in one- and two-minute rounds. We have found it best for conditioning purposes if the boy moves fast and is on the go during the entire shorter round.

A typical workout, once the boy is in good physical condition and his legs are in shape, would be the following:

First Round—Shadow boxing. Loosening up. Warming the muscles. Trying all the punches.

Second, Third, and Fourth Rounds—Boxing, working hard and fast during the rounds. Complete relaxation between rounds.

Fifth Round—Shadow boxing. Catching the wind, and getting the heart back to normal rhythm and beat. Figuring out which punches worked best; which ones did not work; and the reasons for their failure.

Sixth Round—Punching the light punching bag. Excellent for sharpening the eyes, learning to keep the hands high, and becoming adept at punching fast.

Seventh Round—More punching on the light punching bag, or on the heavy sand bag.

Finish up with light body exercise and dash right into the showers.

It may be seen from the preceding that I am an advocate of a short, fast workout instead of a long, dragged-out one. I have always believed that a boy gets into better condition for a short three-round bout by short, snappy workouts of six to seven *rounds*. The boys, furthermore, enjoy the shorter workouts and will work harder than if the workouts are prolonged and become monotonous. There must be no loafing from bell to bell. Maintain *top speed* all the way.

PROPER WORKOUTS

Pre-Bout Preparation

The preceding workout schedule is recommended for the heavy training prior to a bout. If preparatory to matches on a Friday night, the workouts as listed would be followed on Monday, Tuesday, and Wednesday. The workout on Thursday, assuming it to be the day before the bout, would consist of the following:

First Round—shadow-boxing and loosening up.

Second Round—striking the light punching bag.

Third Round—punching the heavy sand bag.

Fourth Round—finishing up with light, loose body exercises. Then immediately take a shower.

The purpose behind such a light workout the day prior to a match is to have the boxer conserve all his energy for the forthcoming bout.

Friday's preparation would be as follows: *Light breakfast*, extent of which depends on the weight problem. *Weighing in* (time designated under the rules is usually at least six hours before the match begins). Immediately after the weigh-in period the boxer eats his full meal. It is important that the meal be eaten approximately six hours before the bouts in order to allow sufficient time for the food to digest properly. All athletes are normally excited on the day of a contest, hence their food requires longer to digest. A typical pre-bout meal would be as follows: fruit juice, head lettuce salad (French dressing optional), a good-sized tenderloin or T-bone steak, *broiled* or *grilled* medium rare or medium, according to individual taste (it should never be well done), buttered toast including honey if desired, and a fresh fruit cup dessert.

PROPER WORKOUTS

Tea is preferable, but a single cup of coffee is permissible if the individual does not like tea.

Our boys take a walk of approximately 20 minutes immediately after the meal; then go to their rooms to rest until the time comes to leave for the matches.

Most boys can sleep, but those who cannot should at least lie in bed and read. Some boys prefer a movie during the interim to take their minds off the bout ahead, but bed rest is advisable.

The boys, upon arriving at the dressing room the evening of the bouts, should be made to relax as much as possible right up to the time for their individual bouts. It is a good practice while taping the boy's hands to quickly review with him the style of the boxer he is meeting, and to emphasize the strong and weak points of both your boxer and his opponent. Excepting this last-minute advice, the boy will gain more by complete relaxation than by thinking about the forthcoming match.

Once these preparations have been made, it is up to the boy to do his best. It is the coach's duty to advise him properly as his second during the one-minute rest period between rounds.

6

Preparation, Care, and Use of the Hands

A BOXER WITH A BAD HAND IS JUST AS INEFFECTIVE AS A left halfback with a bad ankle.

Proper-Hand-Bandaging

Let me stress here that a boy without bandages on his hands should *never* box or hit a bag.

The following procedure for bandaging is proper: Place hand outstretched with the back of the hand facing up, and fingers spread apart at least half an inch. This is very important to assure that the bandage will not be too tight when the fist is closed. A loop made in one end of the bandage should be slipped over the thumb. Start the bandage high on the wrist and wrap it fairly tight, to minimize bending of the wrist when the boxer strikes. (See Illustration 1.) Wrap the bandages over the back of the bones (metacarpals) between the knuckles and the wrist almost down to the first joint of the fingers. Make at least three loops over the thumb to fully protect the big joint of the thumb (Illustrations 2 and 3).

The boxer should open and close his fist three or four

PREPARATION, CARE, AND USE OF THE HANDS

times during the wrapping so that the bandages will be neither too tight nor too loose (Illustration 3).

Let me emphasize the importance of taking proper care of the wrists, bones of the hands, and the thumbs. Most important is proper bandaging of the backs of the hands, rather than the knuckles. Many people mistakenly consider the latter proper and adequate protection.

In preparation for a regular match use surgical gauze for bandages, as shown in the illustrations. Up to 10 yards is necessary, depending upon the size of the boy's hands. For training sessions, ankle wraps cut in five-yard lengths, elastic bandages, or even carpet binding, are satisfactory. A hole in one end to slip over the thumb, and a split at the other end for tying purposes will do the trick. The boys should straighten out their bandages after each session and hang them up in their lockers to dry.

The Correct Position of the Hand When Hitting

Proper hand-bandaging minimizes hand injuries, but the coach must still teach his boys how to hit properly to further avoid all possible injuries. Once a boxer learns to hit properly, he is rarely troubled by hand injuries. When starting either a left jab or a right cross, point the four knuckles of both hands outward, and the thumb knuckle *upward* (Illustration 4). When the left jab or right cross lands, the finger knuckles should be pointing *upward*, and the thumb knuckle *inward* (Illustration 5). This is a very important point and cannot be stressed too strongly.

At the start of a *left hook*, the finger knuckles are pointing *outward*, and the thumb knuckle *upward*, as shown in Illustration 4. When the left hook lands, the knuckles are

PREPARATION, CARE, AND USE OF THE HANDS

turned *inward* to the right, but the thumb knuckle must remain pointing *upward*. In other words, with both the left jab and right cross there is a sort of corkscrew twist from start to finish. (Illustrations 4-5.) This is not true with the hook. In the execution of a hook, the thumb knuckle starts and finishes pointing *upward* (Illustration 6). In this connection, note Illustration 7 (the wrong way to land a left hook).

I always insist that boxers I am coaching keep their fists closed from bell to bell. No high school, college, or amateur boxer has enough experience to keep his gloves half open until the moment of contact. A boy trying this will, at some time or other, miss on his timing and a hand injury may result. He should at all times make an "even fist," meaning all knuckles should be even across (no knuckle protruding) when the fist is closed (note Illustration 4). When the fist lands, see to it that all four knuckles make contact at the same time, both for the sake of safety and for maximum striking power (see Illustration 5).

Another rule, an important one for proper hitting, is: *never bend the wrist when hitting*. Many boys make this mistake, particularly when throwing a hook. Make this a hard and fast rule: *keep the forearm rigid* from the knuckles of the closed fist up to the elbow. If your boys remember this rule they will have better hitting power and no sprained wrists (note Illustration 8).

I deem it all-important to bring a boy along step-by-step. Each step is contingent upon the previous one. If a boy is not in condition he will likely lose to an inferior boxer who has been properly conditioned. Hence the stress on road work. Your boxer may have a "Mike Gibbons" left

PREPARATION, CARE, AND USE OF THE HANDS

hand, and a "Joe Louis" right, but ignorance of how to wrap his hands properly or hit correctly may nullify this punching ability. I again stress the fact that boxing is not a difficult sport to master. The basic fundamentals, when well executed, are sufficient to assure frequent victories.

7

Fundamentals of Boxing

The On-Guard Position

I wish to stress in detail the all-important stance, or what we will call the "on-guard" position. When a boxer slides out from his corner at the sound of the bell, a trained eye can immediately ascertain the degree of his ability by the on-guard position he assumes. The boxer trained correctly will advance to the center of the ring and fall instinctively into a proper on-guard position, if his coach has stressed each fundamental that goes to make up that vital stance.

All punches are thrown from the on-guard position. The boxer must assume the on-guard position again at the finish of each punch with all possible rapidity. This procedure is necessary for proper deception. Thus the stance must be mastered at the beginning. With all punches starting from the same stance, naturally an opponent has difficulty guessing whether the punch will be a left jab to the head or body, a left hook to the head or body, a double left hook to the body and head, or a jab followed by a hook. If the boxer changes his stance or arm positions each time he throws a different punch, his opponent will soon catch on and meet him with a counter.

FUNDAMENTALS OF BOXING

Illustrations 9 through 18 minutely follow the "musts" necessary to a proper on-guard position.

In Illustration 9, note that the hands are down; the fists properly closed; and the feet parallel to each other.

Illustration 10: The boxer should slide the left foot forward to a position that is comfortable to him. Some boxers prefer to keep their feet closer together than others, hence no set number of inches should be stipulated. The spacing is determined by the size of the boy, and by what he finds most comfortable. Two points, however, must be stressed. If the boy's feet are too close together (Illustration 11), or if the right foot is placed directly or almost directly in a line back of the left foot, he can be tipped off balance very easily with a left jab (Illustration 12). To remedy this, have the boxer, after assuming his foot position, bend his body and swing from left to right to determine whether or not he has proper balance and a steady stance (Illustration 13). Give him a light, quick push backward. If he falls off balance, he has not assumed a solid foot position.

One further point should be stressed. If the boxer's feet are placed too far apart, he will have to stretch too great a distance for a right-hand shot at his opponent (Illustration 14).

Illustration 15: Note that the chin is down and to the left, and that the shoulder is up. Stress the fact that the chin does not go all the way down to meet the shoulder, nor does the shoulder come all the way up. They meet halfway. The shoulder is raised an inch or two, and the chin is dropped an inch or two. One of a coach's biggest jobs is to convince a boy that his chin must be kept down, or he may find himself on the canvas. I have had national

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champions, who, after four years of college boxing, still made the mistake of dropping their shoulders and putting their chins up. We have a "Chin-Up-and-Hands-Down" Club, and we choose new members after seeing the motion pictures of the previous week's match. We find, at times, that some of our best boys are making this mistake. A big "Tag Me" sign, presented each week to the boxer who holds his chin up the highest, is another good reminder that the boxer must keep the chin down and shoulder up if he is to remain upright for the three rounds.

Illustration 16: A boxer should bring his left fist up, but not so high that it obstructs his vision, nor so low that he enables his opponent to slip across a sharp right hand. The fist is shown in proper position in Illustration 4. The finger knuckles point outward, the thumb knuckle upward. The elbow is bent and the fist is not too close to the face, since this calls for too long a stretch to land a jab. The fist should not be extended too far, because the arm tires quickly in that unnatural position. Some distance must be left between the fist and point of impact to make possible putting "sting" into the jab. The elbow should be kept in close to the body, affording protection to the left side. The entire arm and shoulder must be loose and relaxed so that the boxer will be able to snap or whip out the jabs in rapier-like thrusts.

Illustration 17: This is the complete and proper on-guard position, side view. The right forearm and fist are up. The right fist should be at about the level of the chin so that the boxer is in position to catch his opponent's left jabs. The right elbow is kept close to the body, pro-

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tecting the right side and kidneys. The forearm protects the solar plexus (a good place to hit, but not to be hit), and the fist protects the chin.

Illustration 18: The correct on-guard position, front view. The left foot is forward—not too close, not too far away; nor is the right foot directly behind the left. The chin is down, the shoulder is up. The fists are clenched, the elbows are in, and the thumb knuckles are pointing upward. The right elbow is covering the right side, the forearm is protecting the solar plexus, and the fist is guarding the chin.

Note also that the right shoulder is pulled backward, thus not giving the opponent as much body space to shoot at. This position also places the left arm and fist within closer striking range of the opponent.

A coach should spend all the time necessary to enable his boys to master each fundamental of the on-guard position. These fundamentals must be drilled into them so that they will mechanically fall into this position without giving it a thought. The boys may gather around in a circle and at the command "on-guard," hop into position, hold it, wait for corrections of any mistakes noticed by the coach, then at a command, relax. This should be done over and over again until the position becomes second nature. I have experimented with boys from seven to ten years of age and have found that they become letter-perfect in all the fundamentals of the on-guard position, from all angles, and retain the position when boxing. It should be stressed that all punches start and finish from the on-guard position. It must, therefore, be learned correctly.

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The Left Jab

"The most important offensive and defensive punch is the left jab." No truer words were ever spoken. How often have we seen a smart boxer with just a left jab, and practically no right hand, beat a tough, rugged boy with a devastating right by using the left jab offensively to pile up points and defensively to keep the puncher away, and off balance. Very seldom does a boxer with an educated left hand get hit by a hard right hand. The reason is simple. Your left jab has to travel only a third as far as your opponent's right to land on the chin. Naturally, if both punches start together, the left lands first. Often the left jabber catches his opponent's right shoulder to stop a right hand traveling in his direction. This often is dangerous, however, unless the boy has a very speedy left jab.

A coach may teach his boys many punches, fancy or otherwise, but there is no punch in any boxer's repertoire that will do him more good than a left jab. Let's go to work on it, and be sure that we properly impress the value of the left jab from the very start.

Illustration 19: The start of the left jab from the on-guard position (we repeat that all punches start and finish from the on-guard position).

Illustration 20 shows the finish. The jab has been *snapped* across, not pushed. The fist has changed from the position in which the thumb knuckle is up (Illustration 4) to the position in which the thumb knuckle is pointing inward (Illustration 5). This was accomplished by twisting the arm as the blow was traveling forward. Note that, at the time of landing the jab, the chin is tucked down and the shoulder is curved around the chin as a protective

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covering. This is a natural result of twisting the arm as the jab is thrown. A coach should show his boys the difference between a left jab that is just *pushed* across with the thumb knuckle up, and a proper jab that is *snapped* across by twisting the fist and turning the shoulder to protect the chin.

Illustration 21 shows the *wrong* way for a boxer to bring his left hand back after delivering a left jab. Dropping the left hand after a jab is one of the surest ways I know of to lose a bout, yet it is among the most common mistakes made by boxers, whether youngsters, high school boys, college men, or professionals. As stressed before, all punches start and finish from the on-guard position 1. This means the left hand is brought back high and kept high to offset a right-hand counter (Illustrations 17 and 18). Just as important as knowing how to deliver a left jab is knowing how to come back into position with the left hand high.

Illustration 22: If his opponent is dropping his left hand after a jab, a boxer should ride back with the blow as demonstrated in this illustration, then come in with a straight right as shown in Illustration 23. We find that next to keeping their chins down our boys experience their greatest difficulty in remembering to keep their left hands up.

Illustration 24: A properly-thrown jab, with the chin down and the shoulder up, protects the jabber from a crossover, or an overhand right. If the left jab is slow the overhand right is sometimes an effective counter. With the chin down, even if the punch lands, it is ineffective, for it lands high on the head.

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The Right Cross

The punch next to the left jab in effectiveness is the potent right cross. This is naturally a harder blow because of the distance it travels, but unless thrown correctly, it is ineffective against a good boxer. The average boy learning to box depends too much on the right hand, and unless cautioned immediately, becomes right-hand crazy. The question most often asked regarding the right hand is, "*When* should I throw it?" Invariably the boy who asks the question says he hesitates and is not sure of his right hand. I say forget about *when* or *how* to throw it. Anyone who has practiced diligently on the proper delivery of the right hand will instinctively whip it across at the proper time in a bout. A boxer must not *hesitate* when throwing the right. If he thinks he has the opening he should let it fly, and not be half-hearted about it. Even if the right misses it puts the other man on the defense. A right should be thrown from the on-guard position, and not telegraphed.

Illustration 25 shows the start of the right cross. Illustration 26 shows the finish.

Note that the start is made from the regular on-guard position. The finish is accomplished by twisting the fist from the position in which the thumb knuckle is up, to that in which the thumb knuckle points inward (to the left). The shoulder curves over the chin for protection, and the chin is down. Note also that, when the right hand lands, the left is drawn back for the opponent's counter, if any. The rule is "One hand out, one hand back." When the left hand is punching, the right is back, and vice-versa. This is done, not only for an expected counter, but also

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so the boxer will be in position to throw the second punch.

Illustration 27 shows the *wrong* way to deliver the right cross. Never draw the right hand back before delivery. For effectiveness and deception the right cross must be thrown from the regular on-guard position. The form of telegraphing shown in the illustration immediately tells the opponent what to expect. Never lift the right cross up before it is thrown. This is another common form of telegraphing.

The right cross is a very effective blow if delivered in the manner shown in Illustrations 25 and 26. Remember: (1) the boxer must not hesitate when throwing it; (2) he must not telegraph it by drawing it back or lifting it up; (3) it must be snapped in, sharp and clean; (4) the left hand must be drawn back; (5) the chin must be down and the shoulder up.

8

Practice Routines and Suggestions

I HAVE ALREADY SUGGESTED THAT THE COACH PLACE ALL his boxers in a circle around himself while teaching the phases of the important on-guard position. We find that such mass instruction at the outset is much more beneficial than having the boys pair off immediately with gloves on. The time allotted to each athlete for this exercise should be determined by the amount of previous training he has had.

Once you have arranged your pupils around you as suggested, have each one go through the motions of each fundamental by following your example. Through this procedure you place the rank beginner on a par with the boxer who has had some experience. Knowing he has had the same instruction as those with whom he is working gives the beginner needed confidence when he puts on the gloves and gets into contact work.

Employ this method while teaching the on-guard position, left jab, right cross, left and right to the body, and the left hook.

After this practice procedure in which they punch at the air with bare hands, have the boys put on gloves, pair off,

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and go through the routine with one boy punching, the other blocking. The methods will be illustrated later.

After the boys master the technique and necessary fundamentals of the left jab and right cross, the natural follow-up is the one-two punch. It is merely the left jab followed immediately by the right cross, or Number One followed by Number Two in rapid succession.

We now assume that the boxers have familiarized themselves with all the various punches through the mass instructions and are paired off and getting the actual contact instruction. Boys pairing off against one another should be about the same size and have the same arm lengths. A southpaw and right hander should not work together.

Practicing the Left Jab

Both boys are in the regular on-guard position (Illustration 28). Stress here again that *all punches start from and finish in the all-important on-guard position*. Changing positions with the start of a new punch spoils deception. When punches begin from on-guard position the opponent does not know whether a left, a right, a jab, or a hook is coming.

In Illustration 29 both boys are simultaneously throwing left jabs to the jaw. This is excellent practice since both boys learn the block as well as the punch. Note that the heads have rolled a bit to the right, and the right hands have caught the left jabs just a few inches from the chins, but the right gloves still do not come into contact with the faces. Frequently a boxer makes the mistake of holding his right glove against his face. This is wrong as he receives

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part of the impact in blocking a blow. Also guard against the mistake of instinctively reaching out with the right glove to block a jab. If this error is made, the opponent (white trunks) may feint with a left jab, and then follow with a left hook as shown in Illustration 30. This can be a disastrous error. Have your boys draw back into the on-guard position, practicing the blow and block. Stress again and again that, after the jab, the arm comes *straight back*, thereby offsetting a possible right-hand counter. It is *not* dropped as in Illustration 21.

Practicing the Right Cross

From the on-guard position (Illustration 31) the blocker (white trunks) for convenience lowers his left arm to give the puncher (dark trunks) practice in landing the right cross (Illustration 32). Note that the puncher follows straight through. His left hand is back protecting, and also in position to punch. *Always*, one hand out, one hand back. The puncher draws back into the on-guard position. Go through the entire motion, again and again.

Note that the blocker has caught the right cross with his right glove and has *rolled* away from the blow. His left shoulder is carried high as an added precaution. When practicing this step the blocker tends to roll or pull too far away from the puncher. This is wrong, because in an actual bout he will not have so much time to roll with the blow. Therefore, practice the block just as it will be used in a bout. Again note that the blocker does not carry his glove against his face, nor does he reach out for the right cross. The two boxers paired off for this practice should change from offense to defense occasionally, so that

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both get practice in blocking as well as in punching. Impress upon your boys that it is just as important to learn to block as it is to learn to punch.

Counter for the Right Cross

I stated that the blocker (white trunks), for convenience in practice, drops his left arm. In an actual bout he would keep his left high and counter a right hand by a left jab to the shoulder of the original puncher (dark trunks) as in Illustration 33, or by a jab to the jaw. Emphasize that a good jabber can beat a right-hand puncher nine times out of ten. The left hand travels only a short distance to the point of contact, whereas the right cross must travel at least twice the distance to the point of contact. Hence, as shown in the illustration, a good jab will offset a good right cross.

Practicing the One-Two Punch

Again, starting from the correct on-guard position (Illustration 34), the puncher (dark trunks) throws the left jab (the Number One punch) and moves into position for the right-hand shot (Illustration 35). Note that he holds his right hand back to keep his opponent guessing as to whether or not he will throw more jabs, a left hook, or the right hand. The blocker keeps his shoulder high and rolls to his right just slightly.

The puncher (dark trunks) *immediately* follows the left jab with the right cross, or Number Two punch (Illustration 36). Note that the left is snapped back for protection and is ready to go again. Proper timing is all-important. The Number Two punch (right cross) must instantly follow the Number One (left jab). The puncher must

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not telegraph his right by pulling it back, or by lifting up the elbow. The right must be snapped right from the on-guard position. Note that the block is the same as for the right cross. Again, the left is dropped by the puncher only for practice purposes. If the puncher hesitates between the One and Two punches, the blocker usually will counter with his left, thereby offsetting the right-hand shot.

The one-two punch is usually more effective after the puncher has bothered his opponent with a series of jabs, mixed in with a few left hooks, or a feint, followed by the left hook. The objective should be to bother the opponent so much with the left that a good right-hand opening is made. When the opening appears, the boxer should let the right fly without hesitation, and without trying to punch too hard. Stress to your boys that they must not punch *hard*, but *fast*, letting the speed provide the punching power.

Left to the Body

A left to the body is usually a dangerous offensive punch to lead with, but it is effective as a counter punch when slipping a left jab. To be on the safe side, warn your boys that they should never lead with a left jab to the body because of the danger of a right-hand counter. But they may use the left after slipping the opponent's left jab, then countering with the left to the body.

Practicing the Left Counter to the Body

Both boys start off from the regular on-guard position (Illustration 37).

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Note in Illustration 38 that the puncher (white trunks) has led off with a left jab (the Number One punch) and that the counter puncher (dark trunks) has moved his head to the right, just enough to slip the jab. The counter puncher (dark trunks) throws his own left jab to the heart of his opponent. Again, for illustrative purposes, the original puncher (white trunks) drops his right glove to his body to block the left counter. The same twisting motion of the fist is used by the boxer when executing both the left and the right to the body, as well as when punching the left and the right to the head. This step should be practiced over and over again so that the counter puncher will be able to duck and counter instinctively.

Wrong Way to Use a Left to the Body

In Illustration 39 the boxer (dark trunks) has tried to lead with a left to the body and, in doing so, gets caught with a right-hand counter punch. The jab to the body is not a hard enough blow to justify taking this chance. Used as a counter with the boxer coming towards his opponent, the left to the body becomes a stiffer blow. Risking being hit by a hard right to the head, as shown in the illustration, is poor ring generalship.

Right to the Body

The right to the body is also a dangerous punch with which to lead off, but it is effective as another *counter punch* after a left hand is thrown. This punch is really punishing and often ends a bout if executed correctly. It is difficult to train boys to punch to the body rather than to the head, but once they learn to do a good job of body

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punching, it certainly pays dividends. We often ask: "Why hurt your hands on a hard head when there is so much body to punch at?" and then answer: "The point of the chin is only an inch long, whereas there is a foot of body to shoot at."

Practicing the Right to the Body

Again from the regular on-guard position (Illustration 40), the original puncher (white trunks) leads off with a left jab (Illustration 41), and his opponent (dark trunks) slips his head to his left, meanwhile throwing his right glove to the heart. For purposes of illustration, the right glove is placed to catch the right to the body. This allows the counter puncher to put some zip into his punches. This procedure should be practiced many times, with the boys taking turns as puncher and counter-puncher.

The Wrong Way to Throw the Right to the Body

The boxer (dark trunks) tried to *lead* with a right to the body, with the result shown in Illustration 42. The boxer (white trunks) for whom the right was intended beats his opponent to the punch with a left jab, thereby making the right-hand punch miss. He (white trunks) also had the alternative of hopping back and throwing a left hook (Illustration 43), or of following up the left jab with a good right cross (Illustration 44). In any event, the boxer trying to lead with a right to the body usually gets into trouble and unnecessarily catches a couple of punches.

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The boxing student should be taught that whenever he bends or slides to his *right* he is to punch out with his *left*, and when he bends or slides to his *left*, he is to punch out with his *right* hand. This is true for both head and body punches.

After you have drilled your boxers sufficiently in the left and right hand punches to the body, they have at their command three choices of counters for their opponent's left jab: (1) countering the left jab with another left jab (Illustration 45); (2) slipping the left-jab lead by bending or moving the head to the right and jabbing the left to the body (Illustration 46); (3) slipping the left jab lead by bending the head to the left and punching with the right to the body (Illustration 47).

9

The Left Hook

THERE IS NOW ONLY ONE MORE NECESSARY PUNCH TO BE mastered by the prospective champion. It is the left hook, which we will call Number Five.

Boxing is not a difficult sport to learn or to coach. It is a matter, for the pupil, of mastering a few fundamental punches and blocks; for the coach, of being able to teach the necessary technique in these punches. A left jab and a right cross, interspersed with a few left hooks, comprise the necessary repertoire. A boxer *correctly executing* these three punches will win over the "fancy Dan" every time.

The Left Hook

The left hook is the most difficult of the punches to master, and consequently a bit more difficult to teach. But once accomplished, it pays dividends. As with the jab and cross, there are a few "musts" to be followed in delivering a proper left hook. Let us examine the steps to be followed.

Illustration 48 shows the position of the feet at the *start* of the left hook, and Illustration 49 portrays the *finish* of the left hook. At the start of the hook the feet are in the regular on-guard position. That is, the boxer

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is on the ball of the left or front foot, and on the toe of the back or right foot. At the finish, this is reversed. The boxer is on the toe of the front foot, and on the ball of the back foot. Note further that both toes at the finish twist to the right, and the left knee is bent. This is necessary because of the pivot of the body to the right when the left hook is thrown. Much of the "kick" behind the left hook is accomplished by this footwork, thus the shift from the toe of the back foot to the toe of the front foot is vitally important. It is good practice for the coach to have his boys go through this foot shifting over and over again, before teaching the actual punch.

Illustration 50 shows the *start* of the left hook and Illustration 51, the *finish*. The left hook must begin from the on-guard position for proper deception. The opponent does not know whether to expect a jab, a cross, a feint, or a hook, as long as they all start from the same position. Note that, at the finish of the punch, the left thumb is up, just as it was at the start of the punch (Illustrations 50 and 51). There is no twist of the fist as in delivering the left jab and cross. This is necessary for the proper protection of the hand. Note further that the forearm is *rigid* from the elbow to the knuckles, and does not bend at the •wrist. This makes for greater punching power and prevents sprained wrists. The hook is thrown in a half arc to the opponent's chin, and with a complete follow-through motion for power.

A left hook, thrown properly, has a tremendous "kick" to it. It must be a loose, easy, snappy, punch. Frequently a boxer tries to put too much body behind the punch, thereby making it a push punch. The hook is a loose,

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arm-propelled punch. The "kick" comes from the looseness of the delivery and the proper pivoting of the feet and body. Another advantage of a left hook, in addition to the "kick," is the short distance it travels to reach the opponent's chin. Naturally it is a quicker and easier punch to land than the longer-traveling right cross. The hook moves about a third of the distance and is a more deceptive punch.

As previously stated, the left hook is the most difficult of the punches to master, but I have found that working on the light punching bag is an ideal way to learn this punch.

I shall never forget the surprise of one of my boys the first time he tried a left hook in an intercollegiate match. He was an excellent boxer, but had never thrown a left hook. We had him practice the punch for three days on the light punching bag, two or three rounds each day. At the outset of the next match, he walked out to the center of the ring, feinted his left jab to the body, and then threw a left hook to the chin. His opponent dropped forward into his arms and the bout was over. Needless to say, he was probably as much surprised as his opponent, and was a convert to the left hook from that time on.

Illustrations 52 to 56 inclusive show the sequence of punches to be used on the bag to obtain the proper form and zip in throwing a left hook. Illustration 52: The left jab; hitting the bag straight ahead. Illustration 53: On the rebound, hitting the bag with the back of the left hand. Note rigid forearm. Illustration 54: On the next rebound, hitting the bag straight ahead with the right cross. Illustration 55: The next rebound, hitting the bag

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with the back of the right hand, while the left is in position to throw a hook.

In Illustration 56, showing the last of these practice punches on the bag, the boxer is coming across the side of the bag, with a loose, snappy left hook, thumb upward, and forearm rigid. Most boxers will at first pull their left hand back too far before throwing the hook. This should be corrected, and the point stressed that the left shoulder is never pulled *back* or *lowered* when the boxer is throwing the hook. Remember—the hook is a *short, snappy* punch. Enough power can be put into the punch without pulling the arm far back.

In addition to this left hook practice on the punching bags, the boys may be paired up the same way as when practicing the jabs and crosses to the chin and body. One does the punching and another the blocking, with frequent switching around so that the boys learn both the punch and the block.

From the regular on-guard position (Illustration 57) the puncher in dark trunks (Illustration 58) practices throwing the left hook, remembering not to "telegraph" the hook by dropping the left shoulder or by pulling the arm back before throwing the punch. Note that the blocker catches the punch right alongside his jaw with his glove, and moves *in*, not *out*. The natural reaction seems to be to pull away or out from a left hook. This is absolutely the wrong thing to do. If the blocker moves in, the hook often ends harmlessly around his neck (Illustration 59). Many times, however, the blocker (white trunks) gets a good chance, when moving *in*, to counter with a right hand. The boxers have changed positions in

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Illustration 60 to give the reader a clearer view of a right-hand counter.

One-Two-Three to the Chin

Now that we have fully discussed the left hook, we go into the next sequences of punches—the one-two-three to the chin or, in other words, the left jab, the right cross, and the left hook. Illustrations 61 to 65 demonstrate the proper technique to be used for both the puncher and the blocker.

Starting again from the on-guard position (Illustration 61), the puncher throws the left jab (Illustration 62). Note that the blocker (white trunks), for convenience in practicing, *drops his left hand, and catches the jab with his right hand.

In Illustration 63 the puncher (dark trunks) throws the right cross (Number Two punch) straight and sharp, inside, and has his left hand back in position, ready to let loose with the left hook. The left hand is carried high, around his face, both for protection and to be in the proper position to throw a fast hook without "telegraphing" it.

In Illustration 64 the puncher (dark trunks), zips over the left hook to the chin (Number Three punch) loose and fast and in a half-arc movement. The blocker has shifted his right hand from the left side of his chin, which was the place where he blocked punches One and Two, to the right side of his jaw to block the hook, and his head is moved *in*, not *out*. Stress the fact that blocking is just as important as punching. Note that the puncher (dark trunks) has brought his right glove back while

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his left hook is out, thereby protecting his own chin in the event of a counter. Illustration 65 shows what happens when the puncher (dark trunks) forgets to draw his own right back to cover his chin. His opponent (white trunks) counters with a sharp right cross. That one mistake may cost the puncher a bout because he became careless and did not protect his own chin. Boxers must *always* remember: when one hand is out punching, the other hand should be back blocking, and in position to deliver another blow.

The preceding three illustrations provide very good examples for both punchers and blockers. These steps should be taken slowly at first until the boys get the rhythm and timing. Then the tempo should be increased into the one-two-three timing with no hesitation between punches. No one of the three punches should be stressed above the others. They all must be thrown loosely and sharply to be effective.

One-Two-Three to the Body

After a boxer has thrown a few one-two-threes to the chin, his opponent will likely guard against repetition of the same sequence. Usually the opponent, in his eagerness to block the left hook, will raise his right elbow up high enough to allow a left hook to be thrown to the body, hence we should study next the one-two-three sequence to the body. The following method should be used in perfecting it.

From the regular on-guard position (Illustration 66) the puncher throws a left jab (Illustration 67), moving into position for the Number Two punch, the right cross

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(Illustration 68). The puncher (dark trunks) throws the right cross, drawing his left hand into position in readiness to throw the hook. Note that the left hand is brought back high, just as when the left hook to the chin was thrown. This is necessary for protection.

The puncher (dark trunks) throws the left hook to the body, rather than to the chin (Illustration 69). Deception is lacking if the left hook is dropped down and then thrown. It must lower to the opponent's body *on the way over*. Observe how the puncher has brought his right hand back to protect his chin against a possible right-hand counter. The danger in throwing a left hook to the body is the same as in delivering the left jab to the body—the boxer's chin is exposed to a sharp right-hand counter.

After a coach has carefully instructed his boys in the execution of the few punches we have analyzed, namely the *jab*, *right cross*, and *left hook*, his job is done as far as fundamentals are concerned. From this point on the boxer uses variations of these three fundamental punches.

Actually, the average high school, college, or amateur boxer who has mastered the jab to the chin, a fair one-two, with an occasional left hook thrown in for good luck, will come out victorious in the vast majority of his bouts, without ever learning any further variations of the punches. However, for the benefit of coaches and boxers who wish to familiarize themselves with the variations, I will include a few of the more simple and popular ones.

10

Punch Variations

I STATED THAT THE COACHING JOB WAS OVER, AS FAR AS fundamentals are concerned, when the boys were carefully drilled in executing the left and right to the chin and body, and the left hook. I am an advocate of perfecting the simple fundamentals, using them at the right time, and then letting the opponent make the mistakes. However, following are some of the most effective variations which are not difficult to master.

Left Jab—Right to the Body—Left Hook to the Jaw

Against a boxer who carries his left elbow high or extends it too far out from the body thereby leaving an opening for a right to the body, the following sequence is effective: a left jab to the jaw (Illustration 70) ; a right to the body (Illustration 71) under the opponent's high left, moving in at the same time to be able to follow with the left hook. Note that the puncher (dark trunks) has drawn back his left *high* to protect his chin and to be closer to the target. After the right to the body the opponent often drops his hands, thereby leaving an opening for the third punch, the left hook to the chin (Illustration 72).

Against a tense or tightened-up opponent, a left feint

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to the body may be used (Illustration 73). The puncher (white trunks) feints to the body to draw the opponent's hands down. This is often effective at the start of the first round. This may be followed by a left hook to the chin. With the opponent's hands drawn down, the puncher (white trunks) whips across a left hook to the chin (Illustration 74).

Double Left Hook

The puncher (dark trunks) throws the left hook to the body lightly, to draw his opponent's hand down (Illustration 75). The puncher must make sure his own chin is covered with his right glove. This is followed by a left hook to the chin (Illustration 76). The puncher (dark trunks), after drawing his opponent's hands down, whips a second left hook to the chin. This variation is very effective, but, again, is dangerous because of exposing the chin. A sharp right-hand counter usually does the trick against the careless body puncher.

Again, against a nervous, tense opponent, the following variation usually works: The puncher (dark trunks) feints with a left jab to draw the opponent's right glove away from his jaw (Illustration 77). This is followed by a left hook (Illustration 78). The puncher (dark trunks), after drawing out the right hand of his opponent, has a good shot at his chin with a fast left hook. The right hand is kept back and high, ready to follow up the left hook with a sharp right if the opportunity arises.

The puncher immediately follows the left hook with his right cross (Illustration 79). This variation is often

PUNCH VARIATIONS

used in place of the left-right-hook, making it a left-hook-right sequence.

Many more variations might be suggested and illustrated, but it has been my experience that giving the boys too many punch sequences tends to confuse rather than help them. The previously-mentioned variations and sequences, along with the regular fundamentals, are sufficient for any boxer.

The Right Uppercut

I suggest spending comparatively little time on the right uppercut. Only if the opponent has his head bent down and forward, and is coming forward, is the punch effective. We once taught our Wisconsin boxers the right uppercut and worked on the punch for one week before we met a particular team. This was only because the boxers on that team were coached in a boring-in style against which the uppercut was very effective. Since those particular matches we have not been fortunate enough to meet a team whose boxers were "cousins" for right uppercuts. Consideration of left uppercuts is purposely omitted. I have never seen an effective left uppercut. I occasionally hear about them.

The puncher (dark trunks) must not tip off his uppercut (Illustration 80) by dropping his right just before he throws the punch. The uppercut is delivered by lowering the right on the way across and "scooping" up and to the jaw. Note the position of the hand upon contact. The puncher lands with the four knuckles of the right fist, and pivots his body as the punch is thrown in order

PUNCH VARIATIONS

to get the proper "kick." Note further that the left hand is drawn back and high to protect the chin.

The right uppercut to the body (Illustration 81) is sometimes effective when the opponent is coming in with hands high. Note the twist of the puncher's body; also the left hand which is back and high as a defense against the opponent's possible right-hand counter. This is a dangerous punch to throw unless the opponent is a proper target—crouching with hands held high.

11

Scouting Future Opponents

SCOUTING IS OF GREAT VALUE IN TEAM SPORTS. THE SAME is true in respect to scouting in boxing. Looking over a future opponent engaged in a boxing match with a third team does not present the same problems inasmuch as you must watch only one man at a time.

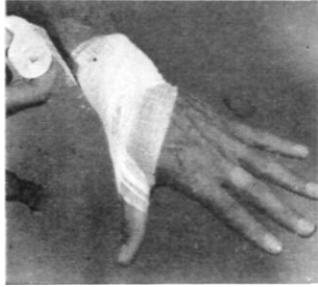
The primary purpose of scouting is to determine the strong points of each man on a team to be met at a future date. You must then figure a defense to combat the offensive strength of each man, and at the same time pick out his weaknesses so that you can show your boxer how to take advantage of them.

Your boxer will benefit by knowing whether the man he is to face (1) is an aggressive boxer; (2) is a counter puncher; (3) is right or left-handed; (4) is taller or shorter; (5) has a longer or shorter reach; (6) is a boxer or a swinger; (7) carries his hands high or low; (8) is a straight puncher or hooker; (9) is vulnerable to body or head blows; (10) is orthodox or unorthodox in movements around the ring; (11) presses, or moves in side-to-side; (12) stands up straight or uses a weaving style; (13) makes any special or peculiar movements that give away his next move—i.e., does he drop his left before he hooks; does he raise his elbows before a straight right; is he tense,

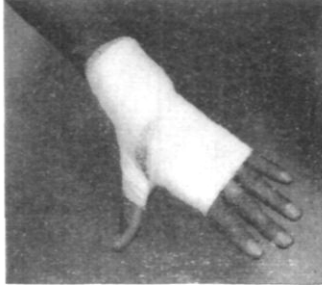
SCOUTING FUTURE OPPONENTS

thereby susceptible to being feinted out of position; (14) is a cool-headed boxer, or changes according to the way the bout is progressing; (15) drops his left after a jab, thereby making himself vulnerable to a right; (16) uses his right hand, if a southpaw?

All the above information must be summed up and given to your boxer on the basis of his capability to combat or take advantage of it. In other words, if you discover that a future opponent is open to a sharp jab, for example, but your boxer is not a jabber, another plan of attack would have to be devised. We often know what punches would definitely work against an opponent, but we must determine whether or not the boxer we are advising can properly use that particular punch. Some boxers, for example, cannot use left hooks, hence should not be instructed to throw them and in so doing take a chance of being hit with a hard right-hand counter. The entire situation must be summed up, and your advice given accordingly.



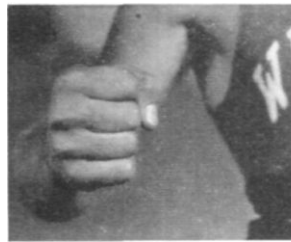
1. Proper start of the bandaging. Loop through the thumb, starting high on the wrist, fingers apart, wrist rigid, and wrapping away from the body.



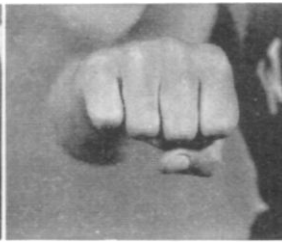
2. Wrap in form of an "X" to fully protect the bones of the fist and work down to the knuckles, wrapping three or four loops over the thumb joint, and three layers over the knuckles.



3. Bring the last loop up to the wrist; tear the end into two strings to enable you to tie a knot. As in the illustration, the bandage must be high on the wrist, affording the thumb and bones of the hand full protection.



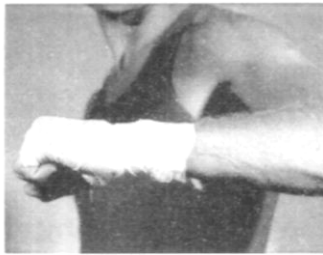
4. Proper position of the fist for the start of the jab, cross, and hook, with either hand. The thumb knuckle points *up-ward*, the other knuckles *outward*.



5. Proper position for a jab, and for the right cross at the time of impact. The thumb knuckle points *inward*, the other knuckles *upward*.



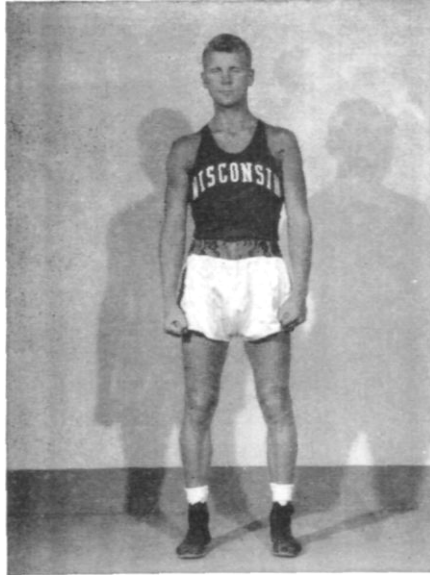
6. At point of impact of the left hook, the thumb knuckle is pointing *upward*.



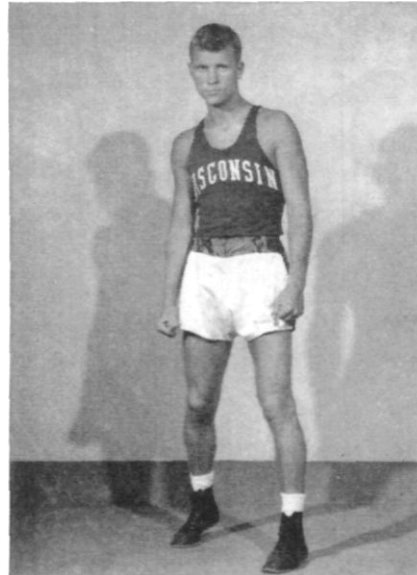
7. The wrong way to land a left hook. An injured thumb is usually the result.



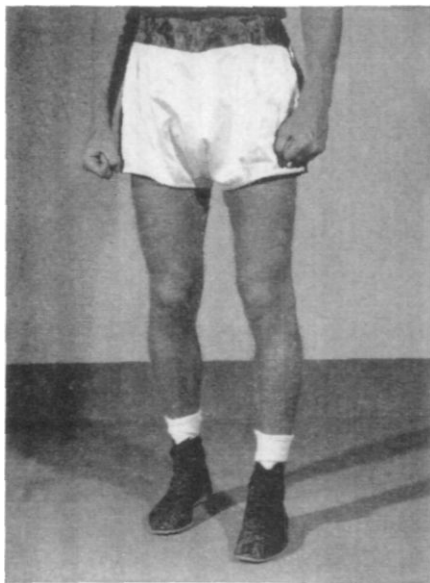
8. Proper position of the forearm when landing all blows. The wrist is *never bent*.



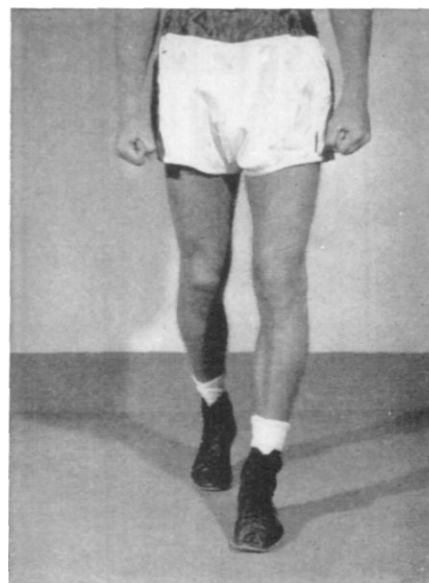
9. Start of the on-guard position. Note that the hands are down, the fists are properly closed, and the feet are parallel to each other.



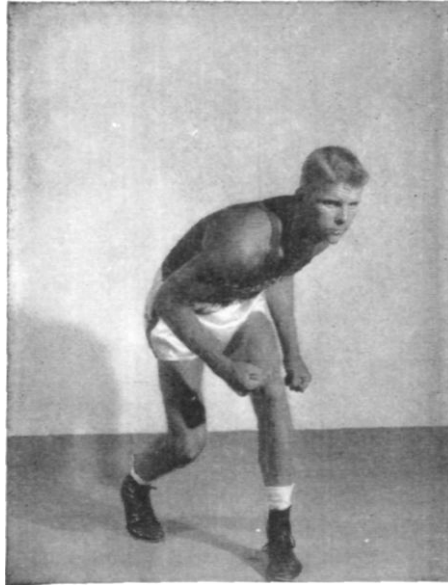
10. The boxer slides the left foot forward.



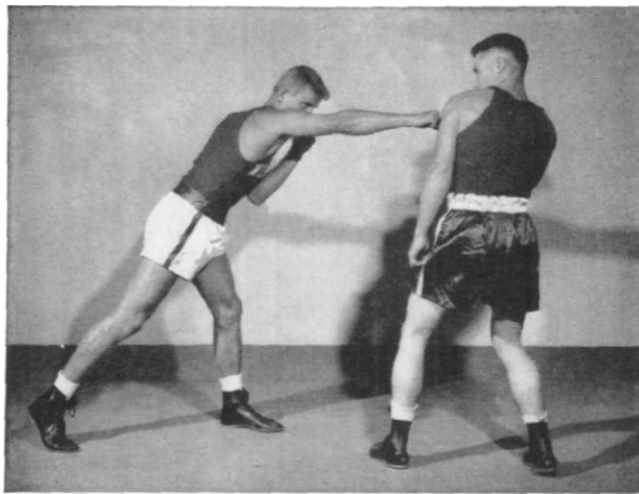
11. Boxer with feet too close together.



12. If the right foot is placed directly or almost directly in a line back of the left foot, a left jab will tip the boxer off balance very easily.



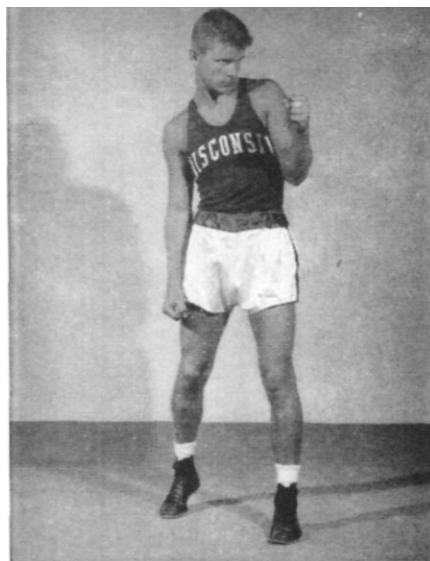
33. After assuming- his foot position, the boxer bends his body and swings from left to right to determine whether or not he has proper balance.



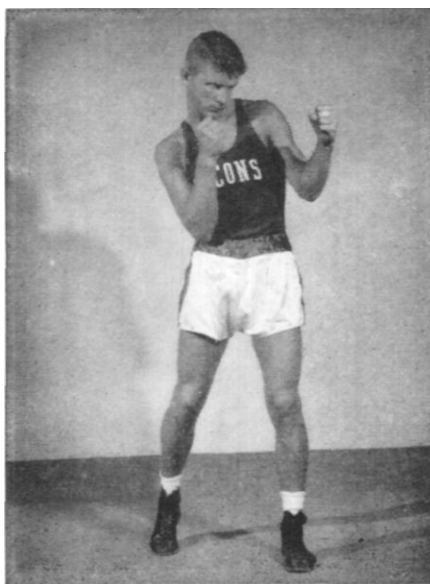
14. A boxer with feet too far apart has to stretch too far for a right-hand shot at his opponent.



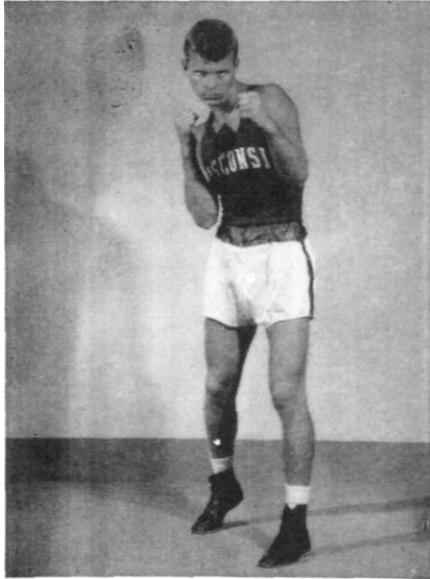
15. The chin is down and to the left, and the shoulder is up.



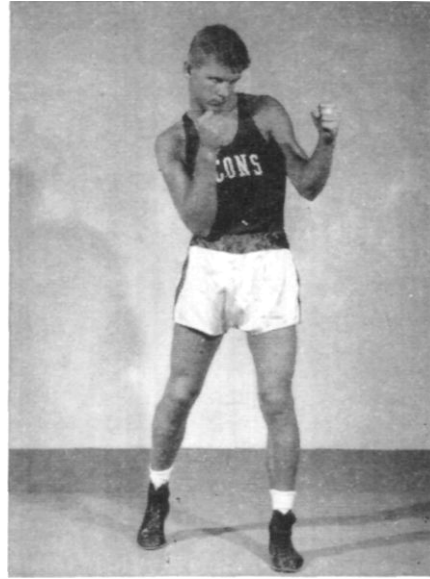
16. The left fist is brought up.



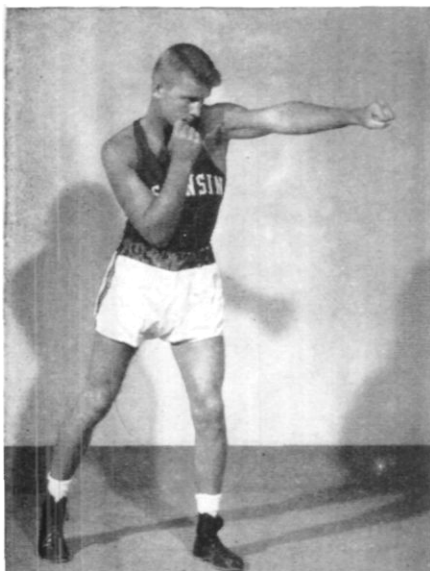
17. Side view of complete and correct on-guard position.



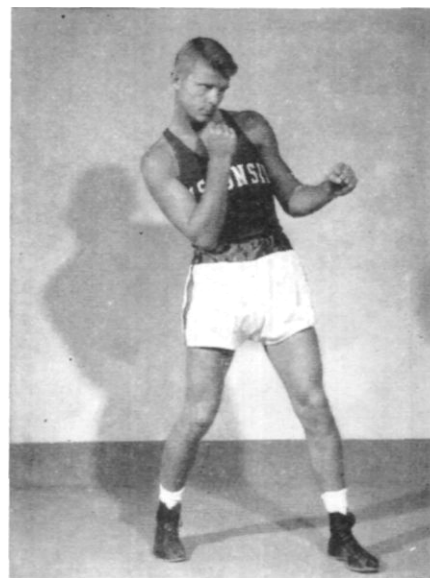
18. Front view of complete and correct on-guard position.



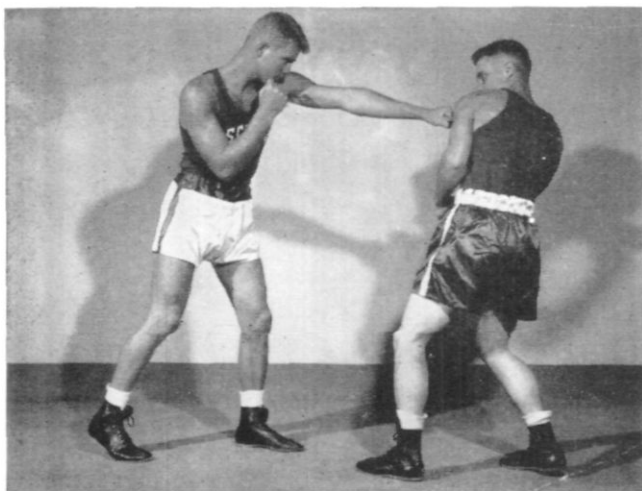
19. Start of the left jab from the on-guard position.



20. Completion of the left jab.

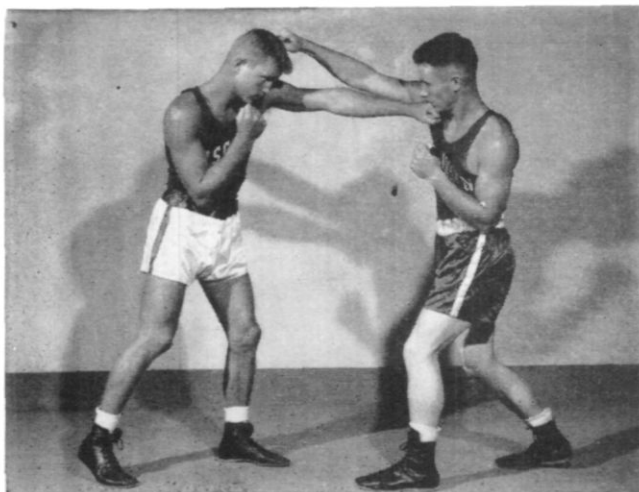
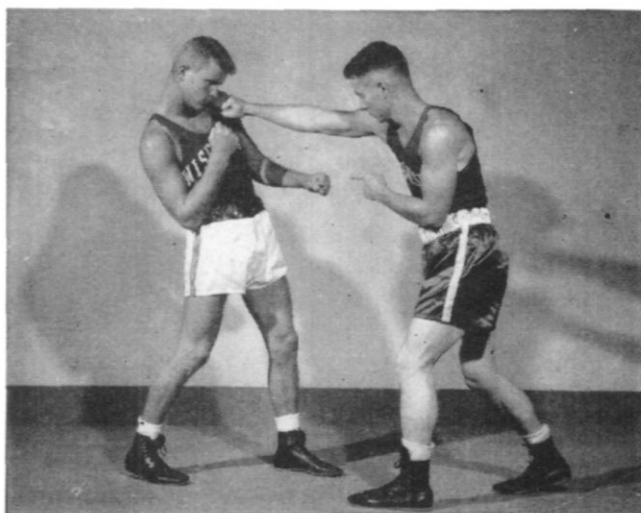


21. Wrong: way for a boxer to bring his left hand back after delivering a left jab.

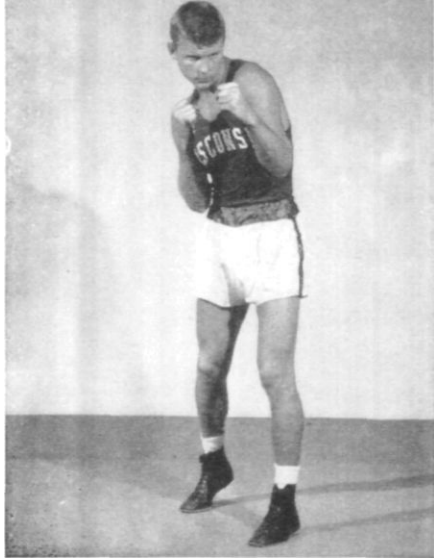


22. If his opponent drops his left hand after a jab, a boxer should ride back with the blow.

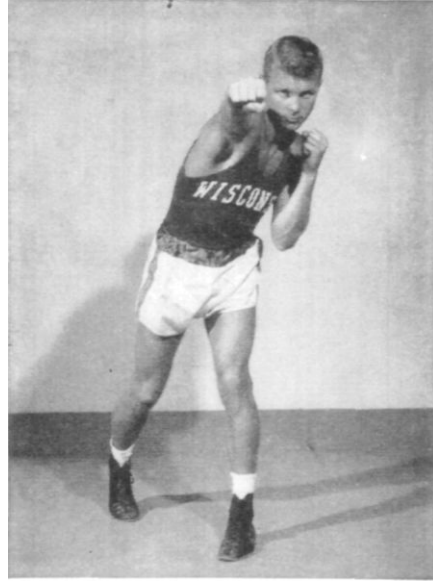
23. Then he should come in with a straight right.



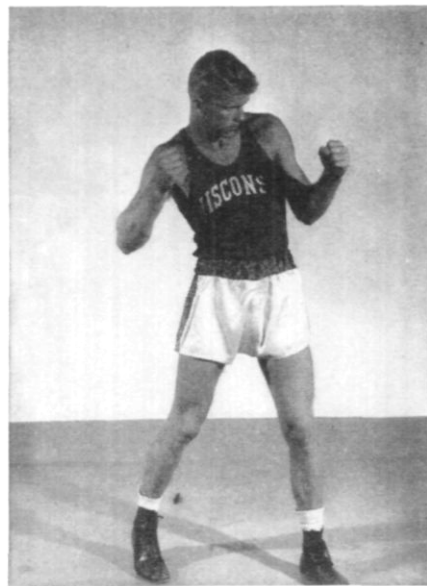
24. A properly thrown jab, with the chin down and the shoulder up, protects the jabber from a crossover or an overhand right.



25. Start of the right cross.



26. Completion of the right cross.

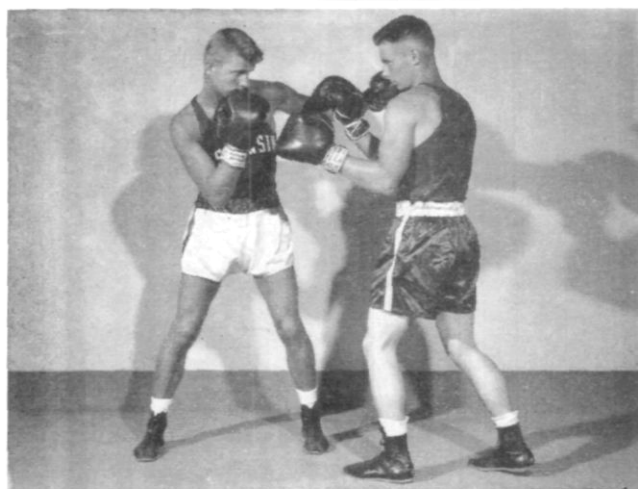
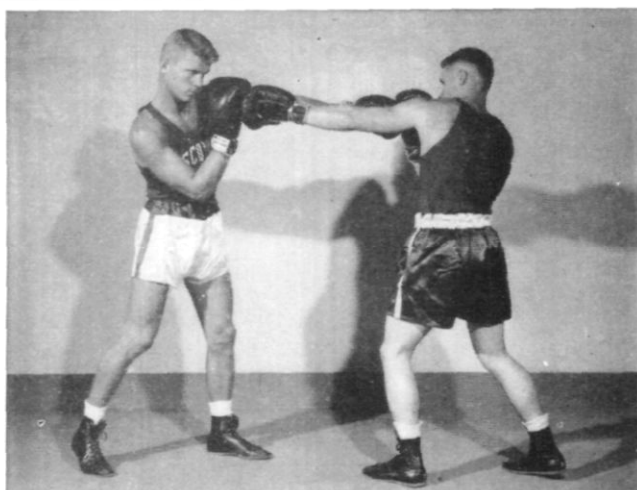


27. The wrong way to deliver a right cross.



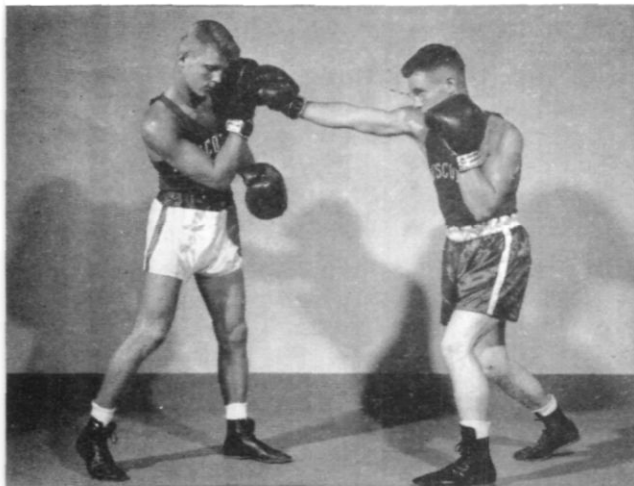
28. The left jab: on-guard position.

29. Two boxers simultaneously throwing left jabs to the jaw.



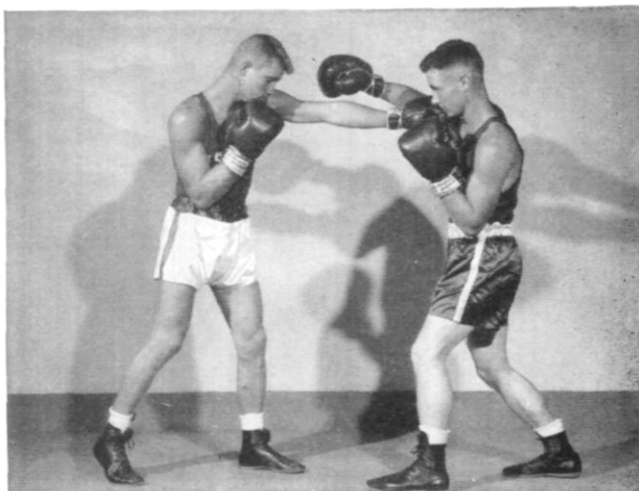
30. Opponent (white trunks) follows with a left hook after feinting with a left jab.

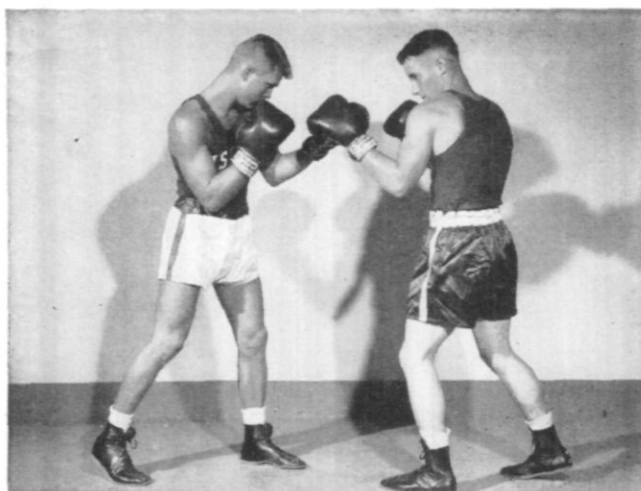
31. The right cross:
blocker (white trunks) and
puncher (dark trunks in m-
Kiard position).



32. The blocker (white
trunks) lowers his left arm
to give the puncher (dark
trunks) practice in landing
the right cross.

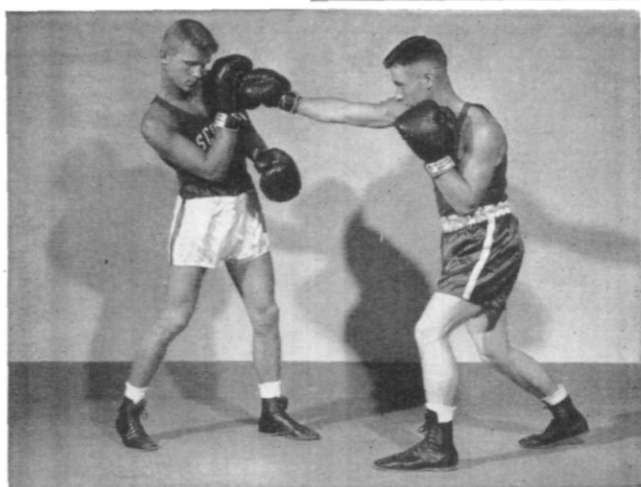
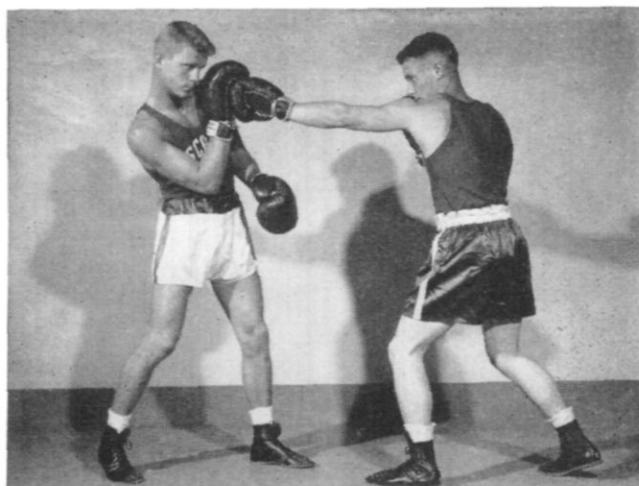
33. Blocker (white
trunks) keeps his right
high and counters a right
and by a left jab to the
shoulder of the original
puncher.





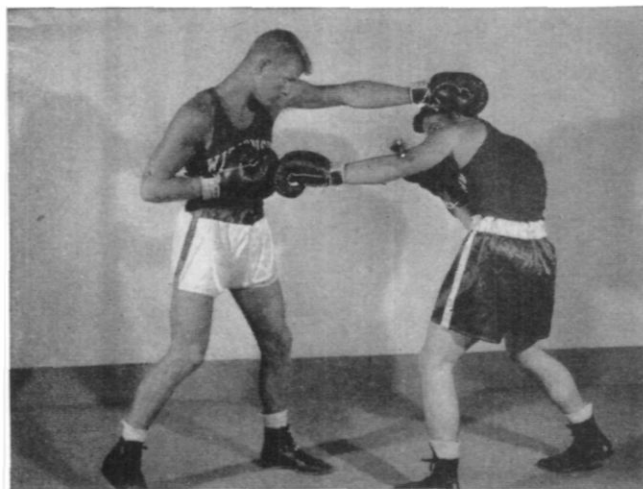
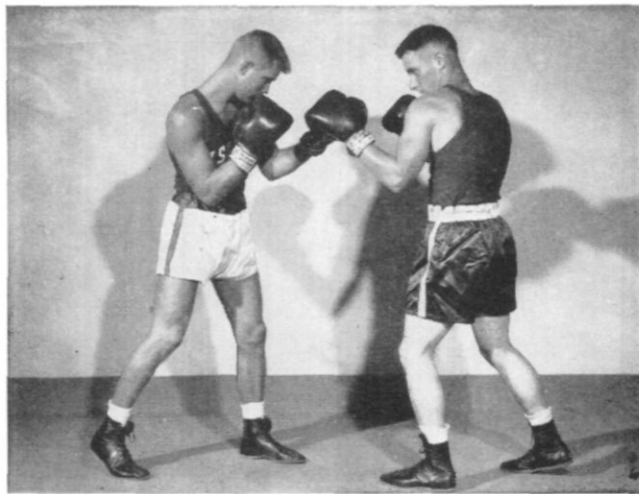
34. The One-Two Punch
Puncher (dark trunks) am
blocker are in the on
guard position.

35. The puncher throws the
left jab (the Number One
punch) and moves into
position for the right-hand
shot.



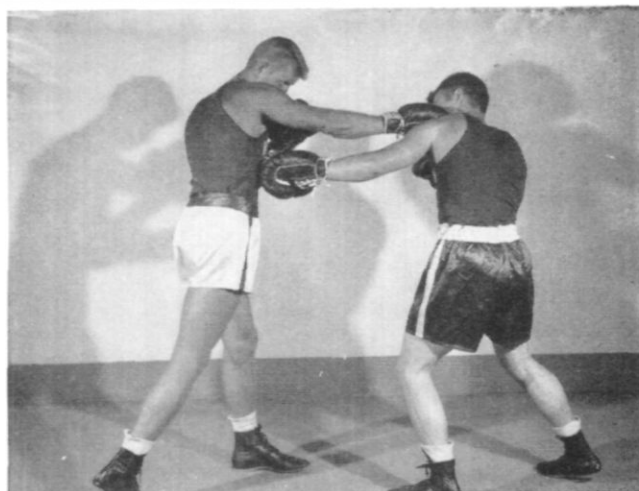
36. The puncher *imme*
diate follows the left jab
with the right cross, on
Number Two punch.

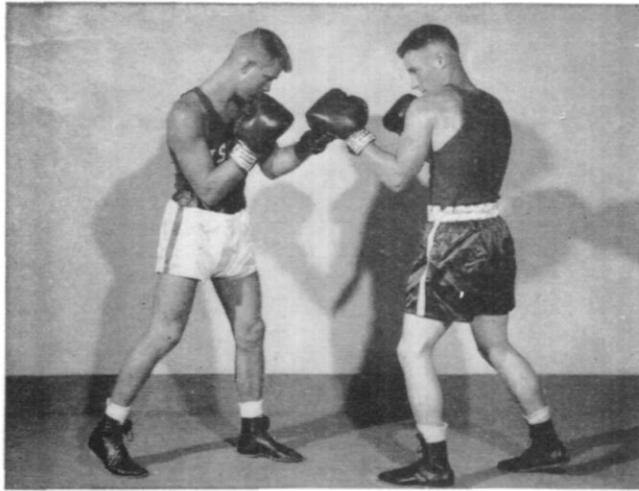
37. Practicing the left counter to the body: the on-guard position.



38. Puncher (white trunks) has led with a left jab (the Number One punch) and the counter puncher (dark trunks) has moved his head to the right just enough to slip the jab.

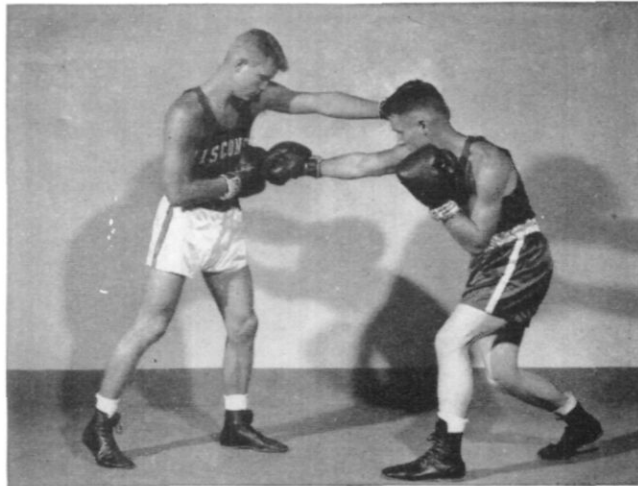
39. The boxer (dark trunks) has tried to lead with a left to the body and, in doing so, is caught with a right-hand counter punch.





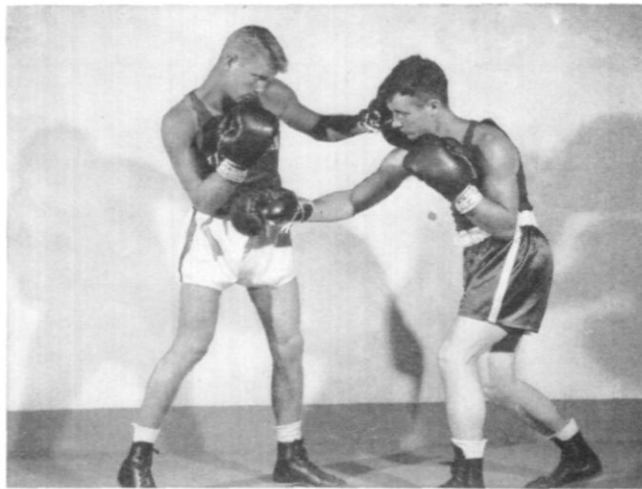
40. The right to the body: the on-guard position.

41. Original puncher (white trunks) leads off with a left jab, and his opponent slips his head to his left, meanwhile throwing his right glove to the heart.



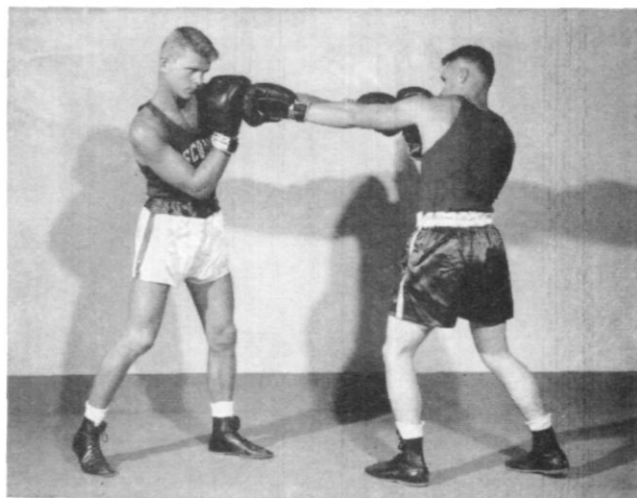
42. The boxer (dark trunks) tried to *lead* with a right to the body.

43. His opponent (white trunks) could have hopped back and thrown a left hook.



44. Or, he could have followed up the left jab with a Rood right cross.

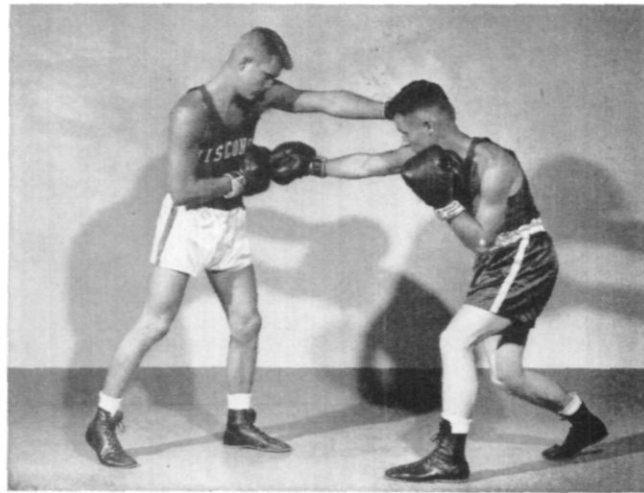
45. Countering a left jab with another left jab.





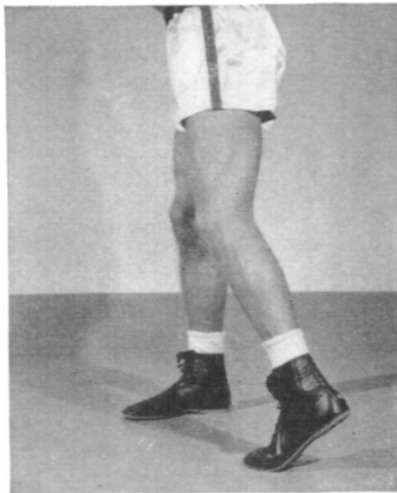
46. Slipping: a left jab lead by bending or moving the head to the right and jabbing the left to the body.

47. Slipping a left jab lead by bending the head to the left and punching with the right to the body.

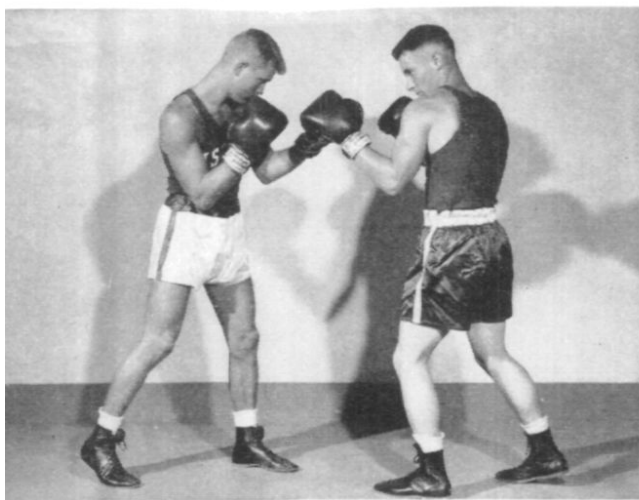




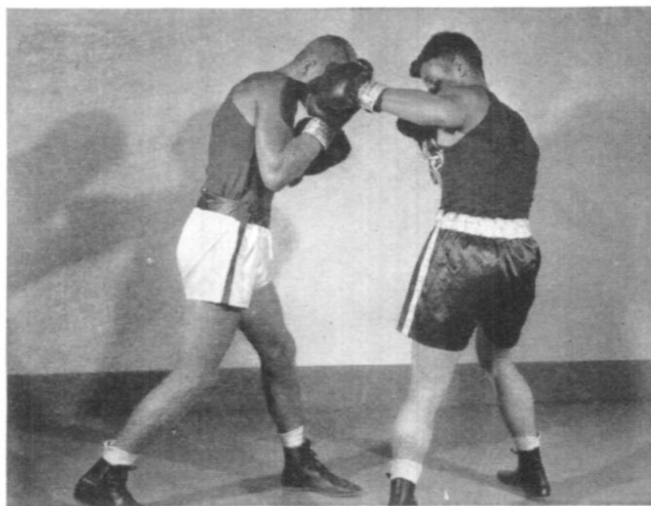
48. Position of the feet at the
start of the left hook.



49. Position of the feet at the
finish of the left hook.



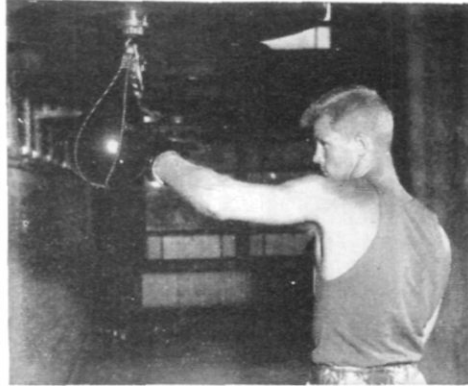
50. Start of the left hook



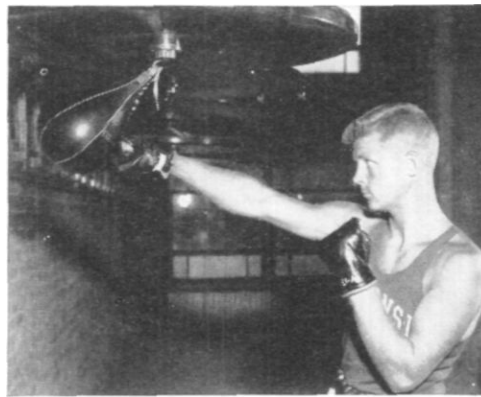
51. Completion of the
left hook.



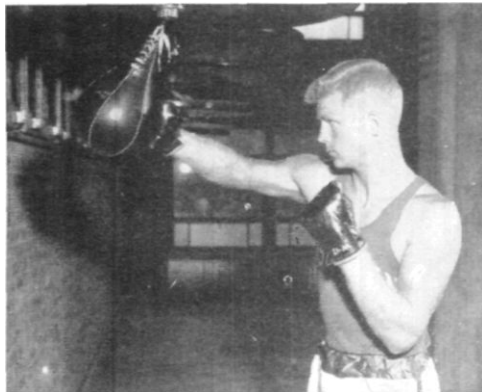
52. Sequence of punches for the left hook: The left jab—hitting the bag straight ahead.



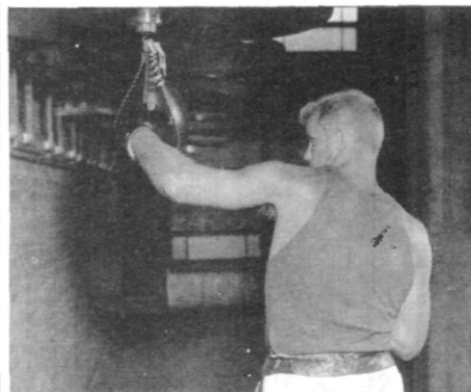
53. On the rebound, hitting the bag with the back of the left hand.



54. On the next rebound, the bag is hit straight ahead with the right cross.

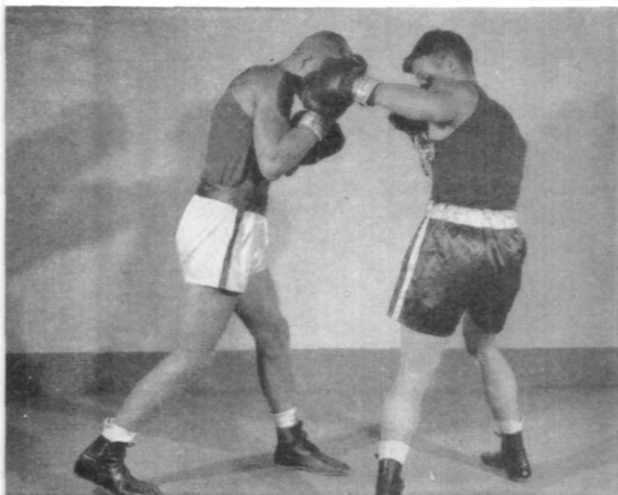


55. On the next rebound, the bag is hit with the back of the right hand, while the left is in a position to throw a hook.



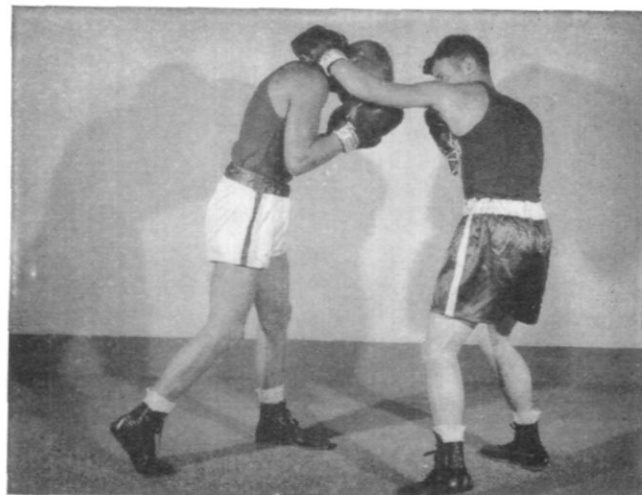
56. The boxer is coming across the side of the bag, with a loose, snappy left hook.

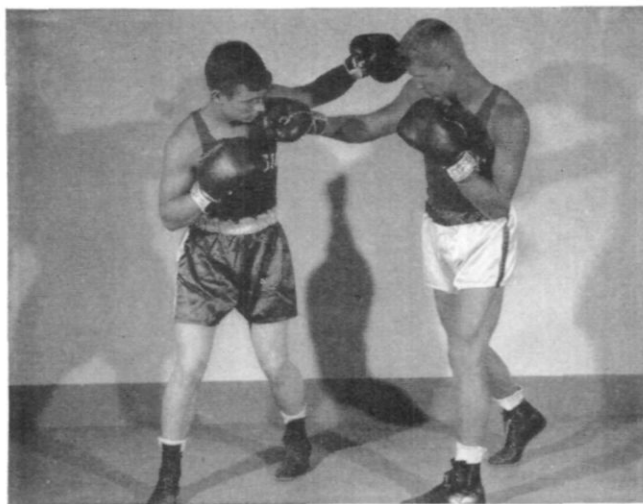
57. The regular on-guard position.



58. The puncher in dark trunks practices throwing the left hook.

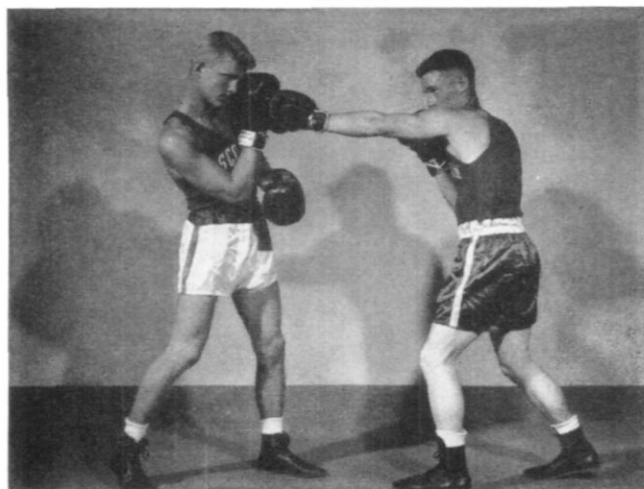
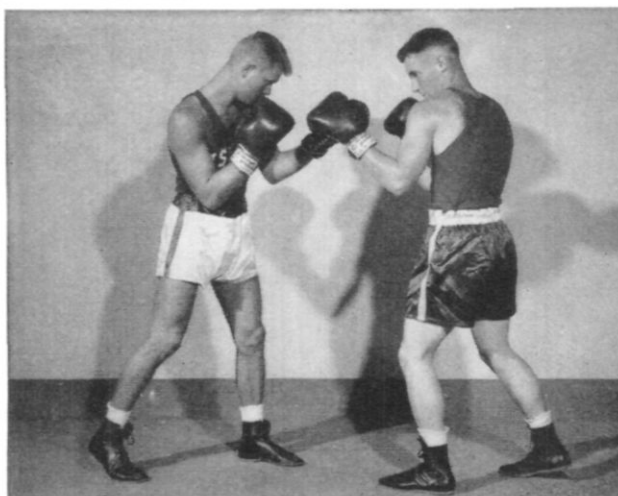
59. If the blocker (white trunks) moves in, the hook ends harmlessly around his neck.





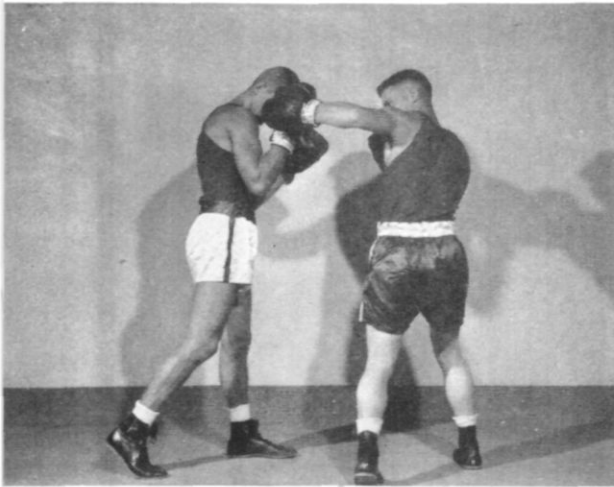
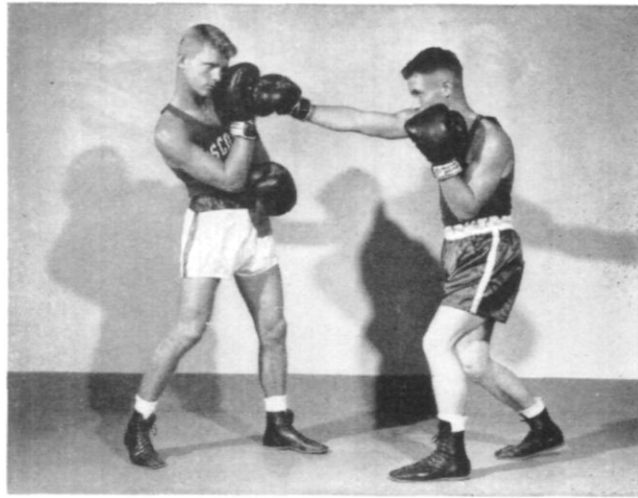
60. The blocker (white trunks) may counter with a right hand when moving in.

61. The One-Two-Three to the Chin: the on-guard position.



62. The puncher throws the left jab (Number One punch).

63. The puncher (dark trunks) throws the right cross (Number Two punch).



64. The puncher (dark trunks) zips over the left hook to the chin (Number Three punch).

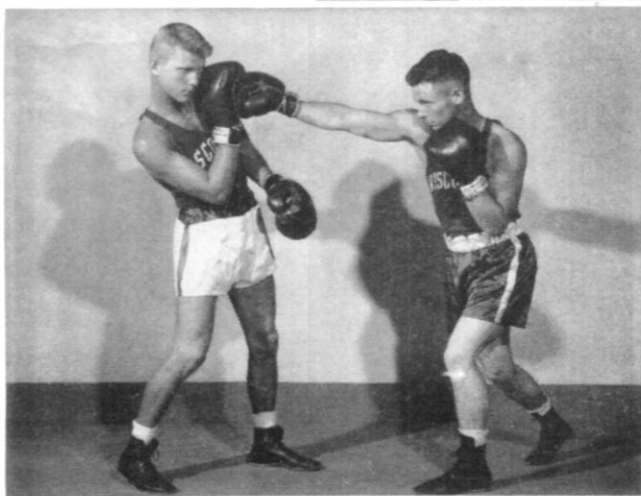
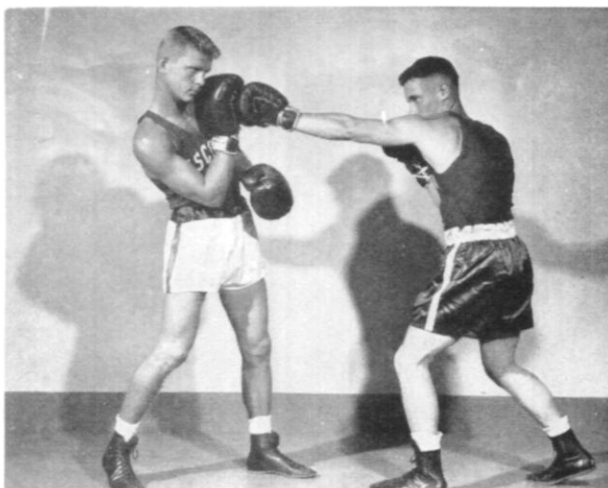
65. The puncher (dark trunks) has forgotten to draw his own right back cover his chin.





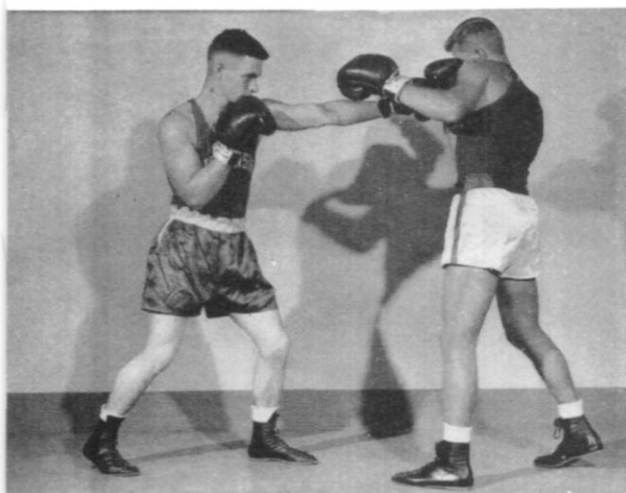
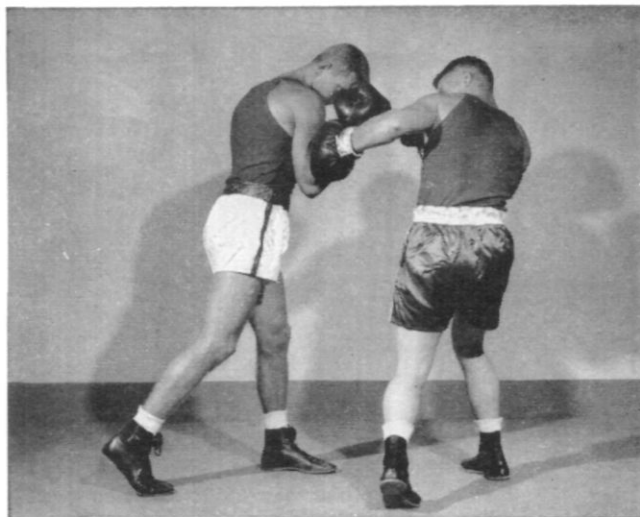
66. One-Two-Three the Body: on-guard position.

67. Puncher throws a left jab, and moves into position for the Number Two punch.



68. The Number Two punch, a right cross

69. The puncher (dark links) throws the left punch to the body (Number Three punch) rather than the chin.



70. Left jab to the jaw.
the first punch in the
sequence.

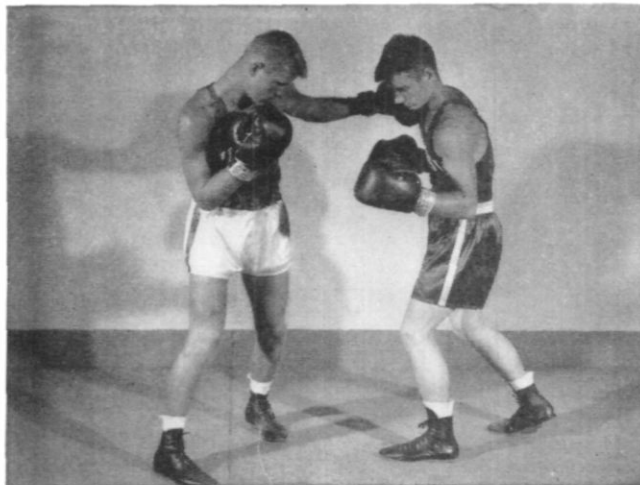
71. A right to the
body, the second punch.





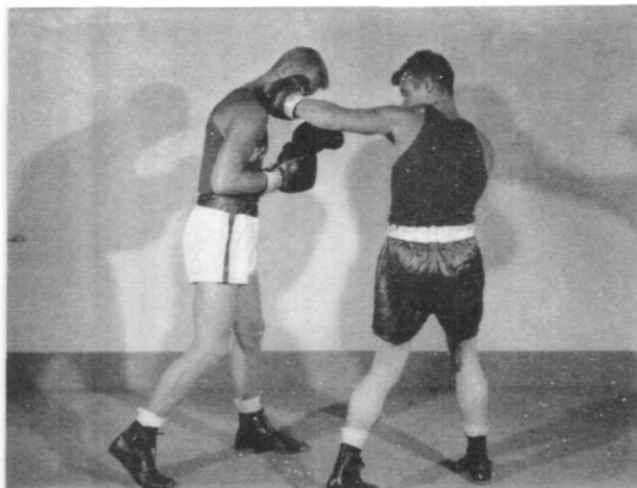
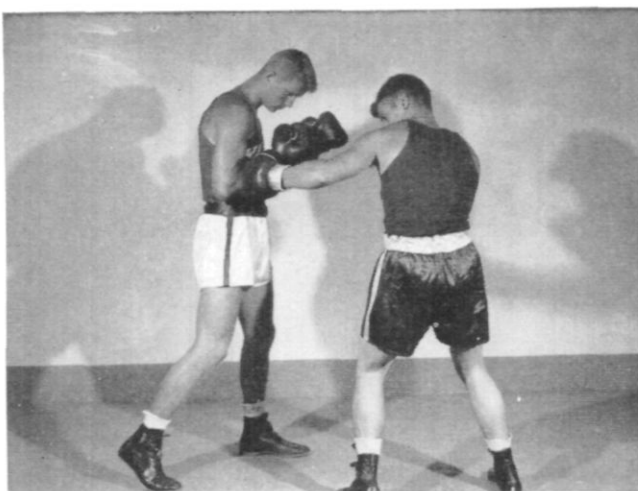
72. The left hook to the chin, the final punch

73. A left feint to the body.



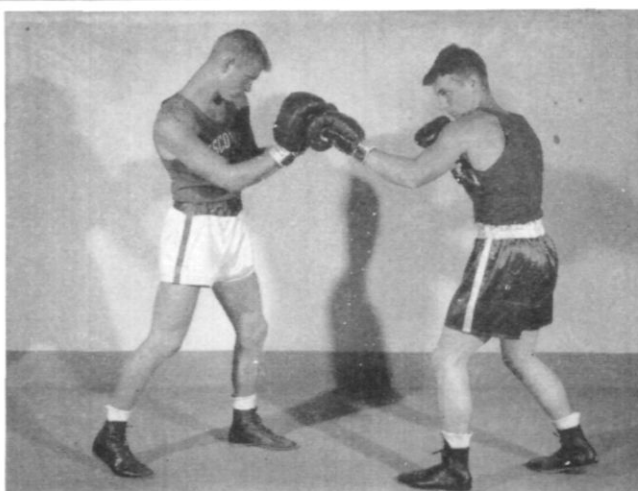
74. The puncher (white trunks) whips across a left hook to the chin.

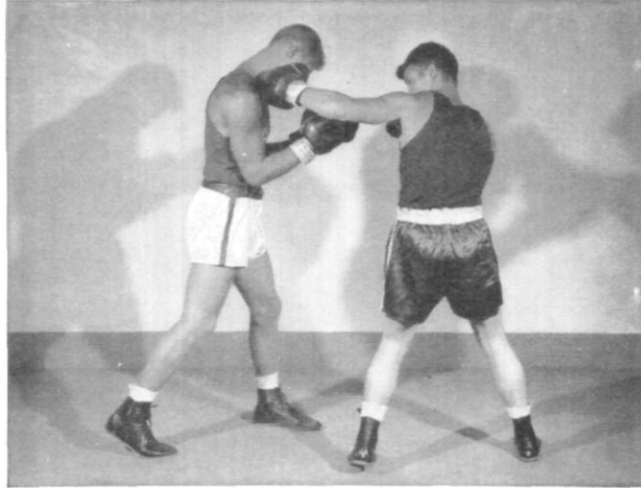
75. The puncher (dark trunks) throws the left hook to the body lightly, draw his opponent's and down.



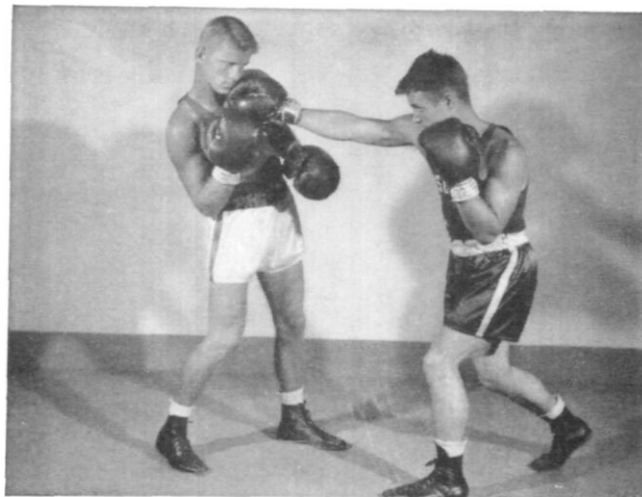
76. After making sure his own chin is covered with his right glove, puncher throws a left hook to the chin.

77. Another variation: puncher (dark trunks) feints with a left jab to draw the opponent's right glove away from his jaw.





78. This is followed by a left hook.



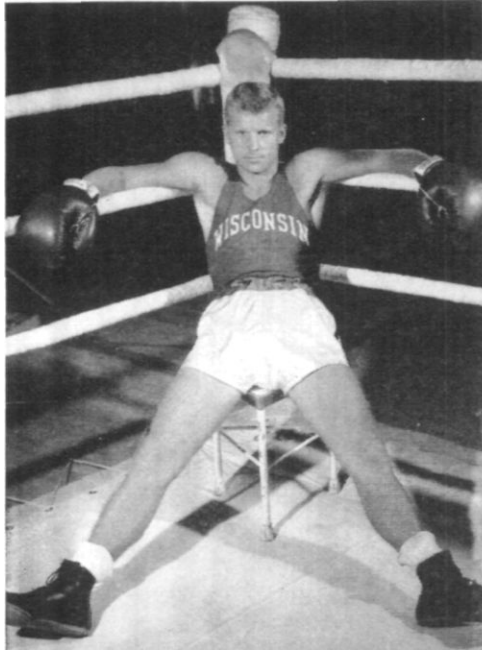
79. The left hook is followed by a right cross.



80. The puncher (dark trunks) must not tip off his uppercut by dropping his right just before he throws his punch.



81. The right uppercut to the body.



82. Boxer should not sprawl over his corner.



83. He should assume a comfortable and natural sitting position, with knees bent.



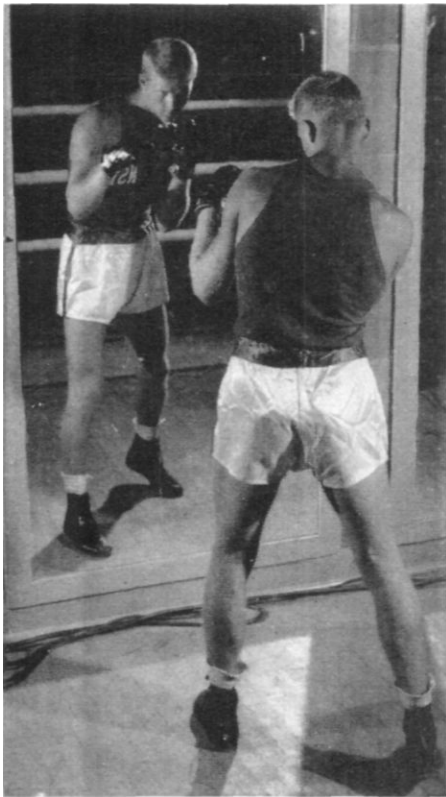
84. The specially designed glove now used in college and high school boxing.



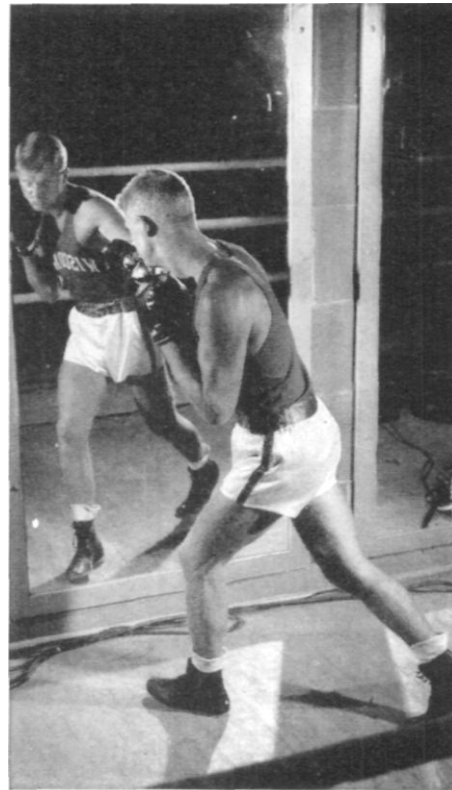
85. A suggested padding arrangement for ring corners.



86. Left, the competitive headgear now used in actual matches: right, the regular training headgear.



87. Boxer checks his on-guard position before a full-length mirror.



88. Boxer checks his punching motions before the mirror.



89. Two wrong ways of making a fist.



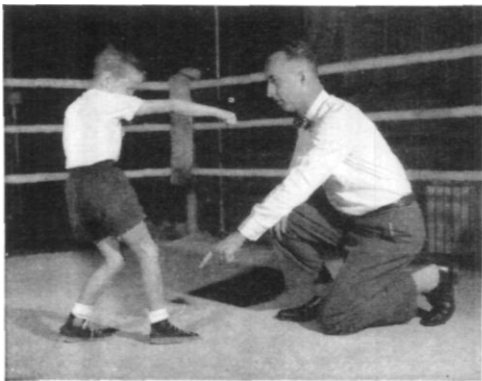
90. The correct way to make a fist.



91. Father showing: son the on-guard position.



92. The right way to throw the right hand.



93. The wrong way to throw a right.



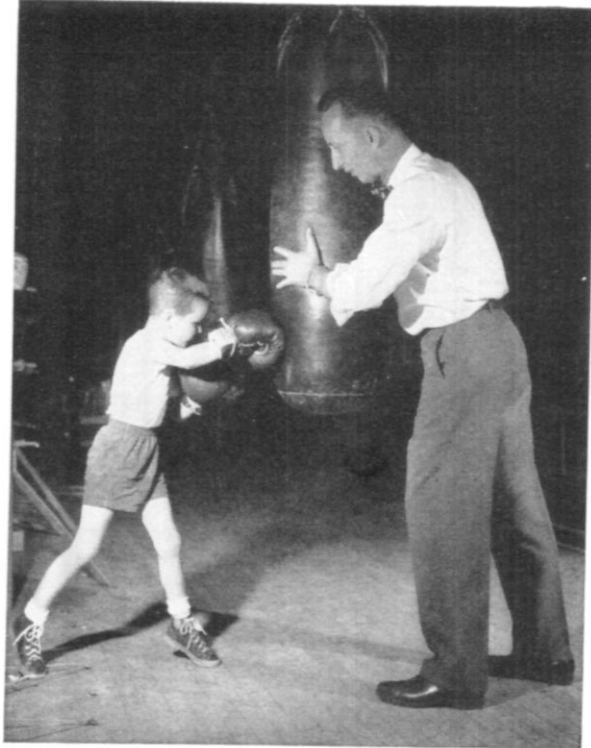
94. Father and son have thrown jabs simultaneously, thus learning both the punch and the blocks.



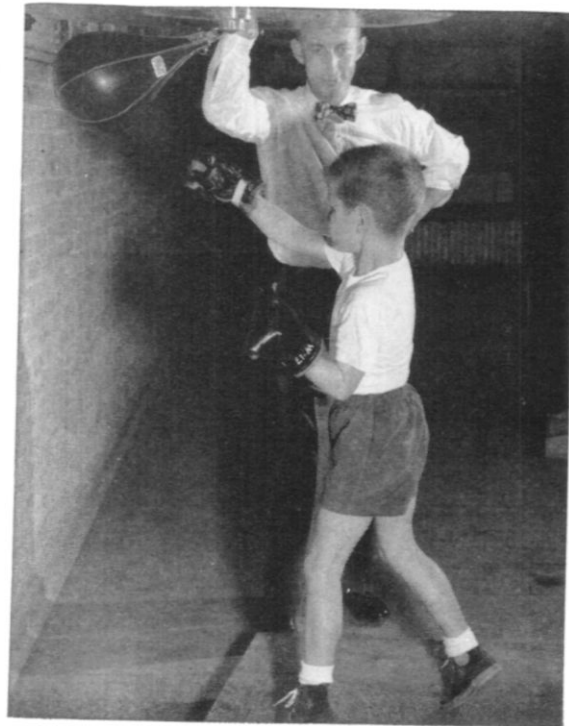
95. Son is practicing his right with father's chin as target.



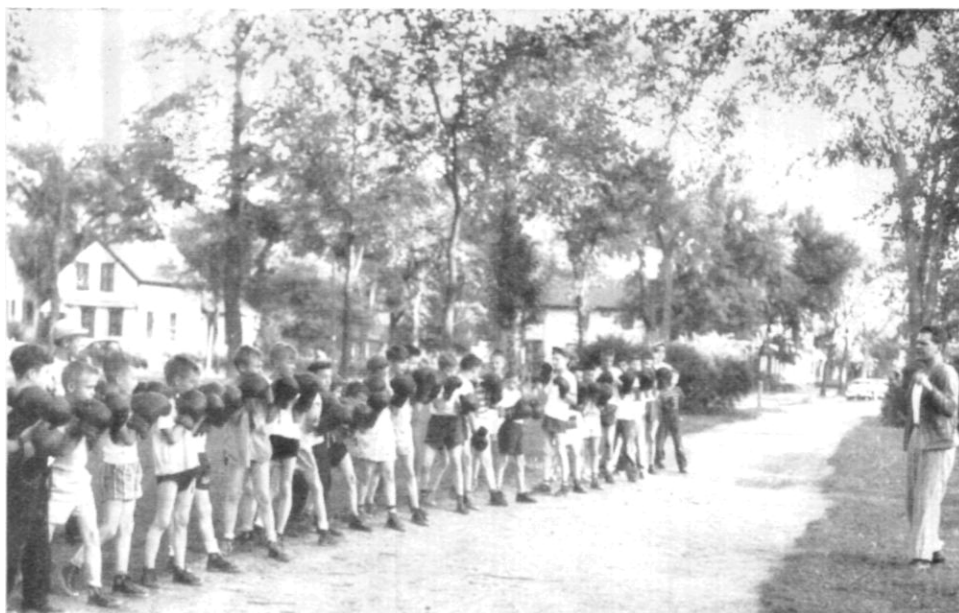
96. A light uppercut will show the boy the weaknesses of this attack.



97. Going through the punches on a sand bag.



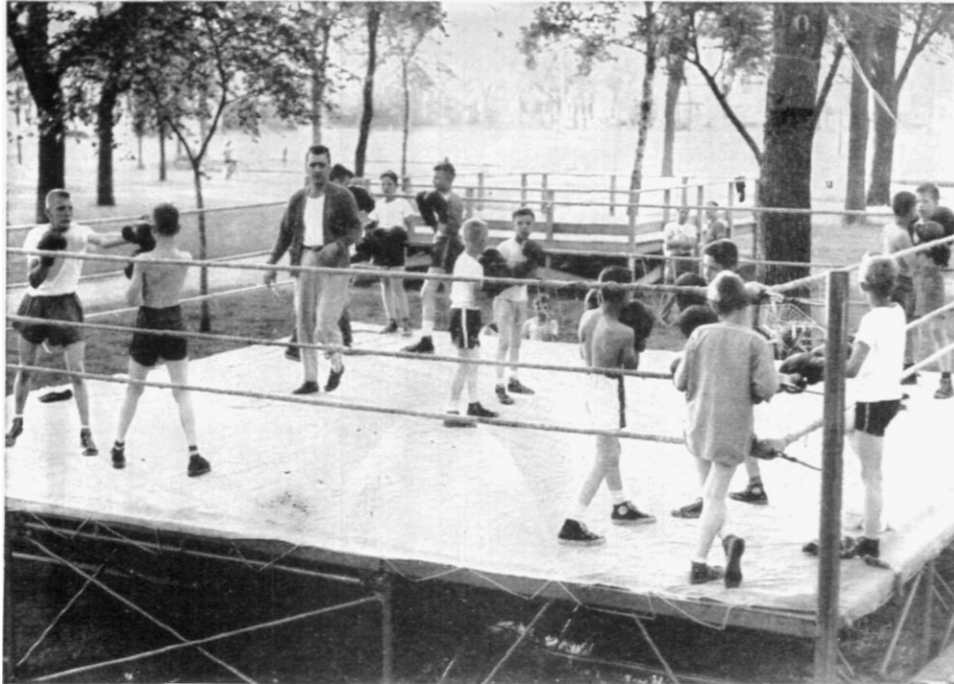
98. Punching a light bag increases speed and coordination.



99. Mass instruction drill with stress on on-guard position. Program Director Champagne is at right.



100. Participants in the boxing school look on while Program Director Neil Champagne demonstrates the fundamental position in the delivery of a left jab.



101. Eight boys in the ring at the same time, participating in Controlled Boxing.



102. Light and heavy bag drill used in teaching proper hitting techniques.

12

Boxing Tips

Boxing a Southpaw

It is generally agreed that a southpaw has a distinct advantage in a three-round amateur bout. The reason is simple. A southpaw is accustomed to boxing a right-hander, whereas most right-handers are unfamiliar with southpaw tactics.

Normally southpaws are strictly left-handed punchers, and use their right hand merely to offset the right-hander's extended left hand. It is for this reason that, when we get a southpaw on our squad, we immediately teach him how to deliver a right jab and a right hook. The right hook is very effective as an offensive punch; also as a counter-punch thrown immediately after a short hop-back. A southpaw who uses his right hand efficiently along with his normally effective left hand is hard to beat.

We have taught the following successful tactics: The right-hander must very definitely circle to his left, away from the southpaw's potent left hand. He must keep his *left hand high*, and either beat the southpaw to the punch with a *sharp* right, or feint with his right-hand punch, hop back, and then counter with a sharp right. After each

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right-hand, *follow immediately with a left hook*. The sequence, therefore, is: a straight right, followed by a left hook, rather than the normal sequence used against another right-hander—i.e., the left jab, followed by the right cross and sometimes the left hook.

If the southpaw maintains a proper stance, with his right hind high, the right-hander's left jab will be ineffective. It is for this reason that we teach the lead-with-the-right-hand, followed *immediately* by the left hook. The right-hand lead is bad against another right-hander, but must be used against a southpaw. The important thing to remember at all times against a southpaw is that you must *never move to your right*, into his left hand. Be sure you come back immediately with your left hook after your right cross.

Boxing a Right-Hander

A right-hander must keep his chin down, and his left shoulder and left hand up. When the left hand or shoulder drops, the chin is exposed, leaving him open to a right-hand shot. We make it a rule that whenever an opponent is careless enough to drop his left hand the opening calls for an immediate right-hand shot.

Odd as it may seem, one of the most frequent mistakes made by a boxer is dropping the left hand, thereby leaving himself open for right-hand punches. As a result, all boxers should be carefully trained and coached to take advantage of this mistake by throwing sharp, straight rights, once the opportunity presents itself. Your boxer should be taught that a short, straight right, rather than a hard, telegraphed right will do the trick. The opportunity is usually there

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only for an instant, hence the short, fast right rather than the looping, hard right.

Many opponents carry their left high when they start the jab, but carelessly drop the left law after the jab. The boxer should be taught to size up the situation readily and take advantage of it by riding away from the left jab, and immediately riding in with a straight right over the returning low left. If your boxer does not take advantage of this opportunity, it is your duty to advise him in the corner just how he may do so.

A grave mistake often made by boxers throwing left hooks is the practice of either dropping the hook upon delivery, or throwing it in too wide an arc. This error naturally makes the boxer very susceptible to a straight right hand, and should be taken advantage of as soon as the left shoulder is lowered or the wide arc begins. Again, if your boy is making this mistake it is your duty to point it out to him. If the mistake is being made by the opponent, see to it that your boy takes advantage of it. When you are throwing the left hook, your right hand must cover the left side of your face, as a precaution in case your opponent beats you to the punch with a right-hand counter.

Boxers often make the mistake of trying to lean away from a hook rather than bending *inside* the blow as they should when competing against an opponent with a good left hook. If an attempt is made to lean away from the hook, on the second try the hooker will merely reach out a little further and connect. If the opponent bends inside the hook, even though he does not counter with the right hand, the *left hook will end up harmlessly* around his neck.

BOXING TIPS

It is often hard to get an amateur boxer to use body punches effectively. We try to convey to the boys the idea that they have a foot of body to shoot at for each inch of chin. Further, by driving punches home into your opponent's body you usually cause him to lower his hands, thereby presenting you an excellent opportunity to land on his chin. Often a boxer will aim constantly at the chin, even though his opponent's hands and shoulders are high, thus presenting easy opportunities to land a punch to the body. A boxer with a variety of body and head punches is obviously a more dangerous opponent than one who directs all his punches at the head.

Advice from the Corner

Many bouts are won or lost through the advice given between rounds. With rest periods lasting only one minute, every second should be utilized. The coach must first realize that his boy is coming back primarily for a rest. He should not allow his boxer to sprawl all over the corner as in Illustration 82. The boxer should assume a comfortable, natural sitting position as in Illustration 83. The knees should be bent, not stretched out as in Illustration 82, nor should the arms and gloves be stretched over the top rope as shown in the same illustration. The boxer should be made to take good deep breaths as a means of regaining his normal breathing. Water should not be given until about 20 seconds of the rest period have elapsed. The mouthpiece should be removed immediately and washed, then replaced in the mouth at the 10-second whistle.

As to the advice, that naturally varies according to the

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bout and the boxers involved. I believe, however, that a big mistake is made in trying to cram too much advice into the boxer in the short time allotted. As a result, the boxer often becomes confused and does not retain any of the advice. It is much better to pick out the one or two main weaknesses of the opponent. The second should notify his boxer of these weaknesses and tell him which punches to use to take advantage of them. Further, the second should pick out the one main mistake his boxer is making and emphasize that point alone. I have often seen boys come to their corners between rounds comparatively calm, only to get no rest whatsoever because the coach or second was excited and tried to fill them too full of advice.

Often a coach must teach his boys to heed advice given between rounds. Some boys are too excitable and pay no attention. Others drink in every word of advice. This point should be impressed upon the boxers before the match: the second or coach in the corner can see many of the faults of the opponent that the boxer misses, hence the advice given between rounds may very well be the difference between winning and losing. The principal things to be remembered are (1) complete relaxation; (2) water after 20 seconds; (3) not *too much* advice. Point out the important mistakes being made by both boys, and advise how to take advantage of the opponent's mistakes. Don't confuse the boxers by pointing out many things all at one time.

Additional Equipment

Illustration 84 shows the specially designed glove now used in college and high school boxing. Note the webs

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between the thumbs and forefingers. This prevents thumb injuries and eye bruises. The padding is thin at the wrist and heavier over the hitting surface. The glove widens out over the knuckles or hitting surface. Twelve-ounce gloves are now used in colleges and gloves of 12 and 14 ounces in high schools.

Illustration 85 shows a suggested padding arrangement for ring corners. The pad runs from the padded cap over the corner post, down past the first rope from the floor, over to the bottom of the post. This eliminates any possible injuries from contact with the turnbuckles.

Illustration 86 shows (at the left) the competitive headgear now used in actual matches. It is very light in weight and snug; it is adjustable under the chin, on top and in the back, and does not obstruct the vision in any manner. It completely eliminates the possibility of eye cuts or bruised ears. This headgear is now mandatory in actual matches in both colleges and high schools and has met with 100 per cent approval from both boxers and coaches. The headgear shown at the right in Illustration 86 is the regular training headgear. It is heavier and more sturdy, thereby providing the necessary protection for training work-outs.

A full-length mirror as shown in Illustrations 87 and 88 is a very valuable piece of equipment for all boxers. Boys can correct many faults by shadow-boxing in front of the mirror, watching the position of their hands, their feet, checking whether the shoulder is up and the chin down, whether their punches are snapping in, and all such items of importance. A good practice is for the boxer to start off in the regular on-guard position as in Illustration 87, check each point, then throw a punch, as in Illustration 88,

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hold the position, and again check the "rights and wrongs." This method of visually watching one's own motions has proven invaluable to many boys. The boxer should check each punch in this manner to find out his own mistakes and to improve his technique. Mirror shadow-boxing is particularly good immediately after coming out of the ring during a work-out when the mistakes and good points are uppermost in the boxer's mind. A good boxer uses his head only to think with, and not as a target for his opponent.

13

Father-Son Instruction

EACH FATHER AT SOME TIME OR OTHER DURING THE "growing" years of his sons sees fit to instruct his protégés in the art of self-defense.

This chapter is designed to help you, as a father, give the right answers to the many questions that will be directed toward you during this procedure. With a little careful study and digesting of this and the past chapters, you can get right down on your knees and be a "coach" of whom your son will be proud. Learning the proper blocks as illustrated in prior chapters will also prevent that embarrassing "black eye" that would be awfully hard to explain to your associates the next day.

I stated at the beginning of this book that we intended to be very fundamental, and that the ensuing instructions could be used for the little boy of seven, grade school and high school boys, as well as the amateur golden glover, C.Y.O. boxer, and the collegian. Practical experience has proven that the "little guy" of seven can absorb the fundamentals almost as readily as his big brother of twenty. We have been teaching "kid" classes since 1933 and find that boys seven to fifteen are very apt pupils—alert and retentive—and that because we get them from "scratch," they have no bad habits to break.

FATHER-SON INSTRUCTION

One of the most important things a dad can teach his son is "how to make a proper fist," in order to avoid future hand injuries. We all know how a painful thumb or finger injury results when a baseball or football strikes the wrong part of the hand. The same is true if the thumb of your boy's fist is not properly folded, or if on landing a blow the force is centered on protruding knuckles. When the blow is properly landed the knuckles of the fist should be straight across (no protruding knuckles), thereby allowing the whole fist to absorb the force of the blow. The result gives the boy more power to his blow and minimizes chances of injury to his hands.

I suggest that as the next step you (the father) hold your left hand, palm open and inward, and hit your palm with a closed right fist. In going through this procedure, check to see if the right thumb is properly curled over, and if the fist on contact is landing on *all four* knuckles, rather than on one or two protruding knuckles. After you have properly trained yourself (preferably the night before giving son a lesson), teach him the same procedure, hitting the open hand with the closed right fist, and stressing the proper points of a "right" and "wrong" fist. Then reverse the procedure, holding the right hand open and hitting the palm with the left fist.

It is odd but true that the average youngster in making a fist without being properly taught, will fold his thumb *inside* his closed fingers. (Illustration 89, *right* fist.) For some unknown reason he has the feeling his thumb becomes better protected in this manner. This is the surest way to sprain, dislocate, or even break the second thumb joint. Boys also make the mistake of allowing the thumb

FATHER-SON INSTRUCTION

to stick up (as in Illustration 89, *left* fist) instead of properly *curling* the thumb over the closed fist (as in Illustration 90). Impress this upon your son. Illustration 89 shows the two "wrong ways." Illustration 90 shows the "right way."

It is surprising how many boys grow to college age without even having been taught how to hit properly. Hence if the father gets no point across to his son other than the proper care of his hands, he has done a good job. A boy who is taught the proper fundamentals at an early age has a distinct advantage over others. If he chooses to box in high school, college, or as an amateur, he has a head start on the beginner. The coach will not have to break any unorthodox or bad boxing habits he has acquired by himself.

Your son, whether he be seven or seventeen (assuming after seventeen you would rather have another "coach" take him over) can be taught just exactly as we have illustrated in previous chapters. However, just to simplify the father-son relationship, get on your knees, put across the points suggested, and then proceed as outlined in the following paragraphs.

Illustration 91: Father is showing son the all-important on-guard position. Note that the left foot is always out, the chin is down, and the shoulder and hands are up. Put your son in the right position, impress each point, and rest assured he will retain his coaching.

Illustration 92: The *right* way to throw the right hand. Father is pointing to the left foot which is forward as it should be, with the right foot back. The right hand is

FATHER-SON INSTRUCTION

thrown straight out, and the chin is down. The left hand is back in position and raring to go.

Illustration 93: The *wrong* way to throw the right. Son has followed his right hand by crossing over with his right leg. Father is pointing to his mistake. Son is off balance; also, his arm is bent instead of being straight. Moving the right leg across when throwing the right is a common mistake made by boys, but it should be immediately corrected if you want your son to do a good job.

Illustration 94: After son has learned how to hit properly and to assume the correct on-guard, put the gloves on with him, get on your knees, and practice the punches with him. Show him how to block as well as to hit, and be sure you know the blocks yourself. In this illustration both father and son have thrown the jabs simultaneously, thus learning both the punch and the blocks.

Illustration 95: Son is practicing his trusty right with father's chin as target. Father drops his left to allow the right to come across, and blocks with his own right. See that your son snaps the right straight across with a lot of zip, and that he has his fist closed, chin down, shoulder up. Be sure he does not throw a "roundhouse" right.

Illustration 96: Sons sometimes become over-exuberant, forget their teaching, and come in swinging wild with head down. A good "object" lesson is readily taught by landing a light uppercut as shown in this illustration. Be sure and duck that wild right, however.

Illustration 97: Take your boy to a sand-bag or some such object, and have him go through the punches you have taught him. Be sure to correct any mistakes he is

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making, or he will become careless when he is actually boxing.

Illustration 98: Punching a light bag is fun. It is great exercise, and increases speed and coordination. Little boys pick up the knack very quickly after a minimum amount of practice. Fathers also find a punching bag excellent exercise, and unlike most exercises, they enjoy it. You may wear the same pleased expression as the father in the illustration after a few sessions of coaching your son on how to do it the *right* way.

Sportsmanship can be taught a boy through the medium of boxing, perhaps better than through any other sport. We have always conveyed to youngsters in our "kid" classes that the boxing they are being taught should be used only in the boxing ring, not on the school grounds, or in taking advantage of the untrained boy. The results have been very gratifying. I have had grade school teachers inform me of occasions where our boxing class boys had opportunities to engage in the usual school skirmishes, but retorted, "I'm not going to fight with you. I've had boxing lessons and you haven't." I have also known of instances in which boys aggravated to action found their boxing lessons very handy in teaching the neighborhood bully a good lesson, and in making him a better sport.

The process of teaching your boy the fundamentals of boxing often proves to be a great "equalizer" for him. It cannot help but increase his confidence, an asset which we as fathers all know too many boys lack. Again, I have seen many, many times a very timid boy gain confidence in himself as the lessons progress. Boys who were afraid to

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be in the same ring or class group with certain "tough" boys at the beginning, later, with the confidence gained through instruction, asked, "Coach, let me box him; I'm not afraid any more."

14

Boxing as a Summer Community Recreation Project

SUMMERTIME COMMUNITY RECREATION PROGRAMS ARE growing in popularity and scope throughout the nation as the residents of the communities become more and more conscious of the need for supervised recreational activity as an outlet for the energy, inclinations, and talents of the young people who live in their midst.

A model project of this nature is that sponsored by one of the great metropolitan dailies of our country, the Minneapolis *Star*, under the guidance of its executive sports editor, Charlie Johnson. It is an outdoor boxing school conducted annually in Minneapolis' Logan Park, a municipal recreation center. In its first four years of operation this program of wholesome and carefully-supervised activity attracted youngsters from throughout this city of more than a half-million population to the extent of 10,000 activity hours.

Because it might well serve as a blueprint for other communities desirous of providing healthful and constructive recreation for young boys within their bounds we

BOXING AS A SUMMER PROJECT

have asked Neil Champagne, director of the Minneapolis *Star's* Summer Boxing School, to tell the story of this outstanding and proven project.

THE MINNEAPOLIS PROGRAM

**by Neil
Champagne**

On a sun-drenched knoll of attractively-landscaped Logan Park in Minneapolis a group of eager youngsters ranging in age from 6 to 12 years had peeled down to their waists and were working out under the sympathetic and able tutelage of coaches carefully selected to direct their activities. It was a warm July afternoon.

The boys came from every kind of environment. Some had arrived in expensive automobiles driven by parents of considerable means. Others whose families weren't in a position to give them carfare had walked in from some of the city's poorer districts.

At the Minneapolis boxing camp, however, social position means nothing. Scion of the rich and offspring of the poor meet there on common ground. As one of our coaches put it, "They all look the same in boxing gloves and training helmets."

Here was truly a fine opportunity for these boys, every one of whom had long harbored the desire to learn to box. Unfortunately the opportunity to get boxing instruction in a wholesome setting is afforded only a minute number of the boys so inclined.

The Minneapolis boxing camp was the outgrowth of the determination of a group of men to provide an oppor-

BOXING AS A SUMMER PROJECT

tunity for juveniles with a lot of energy to release it under the right kind of guidance.

These men suggested to the committee in charge of disbursing profits from the Upper Midwest Golden Gloves tournament held in Minneapolis each spring that a summer boxing camp be established for youngsters six years of age and up. It was emphasized at this point that the program would definitely not be concerned with developing professional boxing prospects, but, rather, with setting up an interesting program of recreation that would put emphasis on the development of sportsmanship and proper hygienic habits.

The committee, comprised of prominent business men, leading clergymen of the Jewish, Catholic, and Protestant faiths, the director of athletics at the University of Minnesota, and Charles Johnson, executive sports editor of the *Minneapolis Star*, voiced unanimous approval of the project. This group allocated \$3,000 for the purchase of equipment. Ed Haislet of the University of Minnesota was chosen as the director of the program.

The staff selected to handle the program consisted of one supervisor and four coaches. The coaches were assigned to various areas in Minneapolis corresponding to the city's high school districts. Each coach was held responsible for promoting interest among the youngsters of his particular district.

The initial turnout of boys was so large it was necessary to divide them into age groups. Under the plan that finally evolved, boys from six to ten worked out with their instructors from 6:00 to 7:00 P M and those from ten up took their instruction between the hours of 7:00 and

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8:00 P M. These hours were designated to enable parents to accompany their sons if they so desired.

Equipment provided by the Golden Gloves fund included a raised all-steel platform ring, four heavy bags, four light bags, an exercise platform, boxing gloves, bag gloves, and head gears. Showers and facilities for dressing were constructed in the basement of the recreation building at the playground center.

The boxing school opens in mid-June and continues through July. On an average day the coaches working in the program handle 125 boys. To provide additional incentive for participation in the program a "Junior Golden Gloves" tournament for boys between the ages of six and fifteen is held as a climax to the program. As an indication of the interest aroused in the meet an audience of several thousand turns out for the show.

Entrants in the tournament are carefully screened. Each boy must pass a rigid physical examination and is required to have the written consent of his parents together with a record of previous medical history. He must have attended 50 per cent of the school's classes and be passed by the school's supervisor.

In making the tournament draw the boys are classified according to age, weight, and experience. One year is the maximum age difference permitted. The spread in weight can be no more than five pounds. Divisions A, B, and C are established and the boys assigned to them according to ability and experience.

Knowing that their program would be subjected to close scrutiny by the public, and by opponents of boxing in

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particular, the directors instituted weekly classes for the staff of instructors to train them in the best teaching methods. The coaches were given a detailed program of conditioning and character training, which they were expected to pass on to their youthful charges.

To enlist the support of parents and the community as a whole the sponsors of the Minneapolis boxing program carried on an extensive publicity campaign. The opening day's events include exhibitions and demonstrations, and talks by prominent businessmen, distinguished athletes, government officials, and community leaders. Each extols the value of sports participation.

Mike Dillon, Hennepin County attorney, told the 200

AAU REGISTRATION APPLICATION		
(Return with 25 Cents Registration Fee to Mail Champagne, Minneapolis Star)		
have never knowingly entered a competition for money; sold or pawned a prize; accepted any compensation for competing or exhibiting; entered a competition under a false name; entered an unsanctioned meet; entered a competition open to a professional or competed with a professional; issued a challenge to compete for money or its equivalent; received a prize for becoming or continuing as a member of an athletic organization; affiliated, taught, trained or coached in an athletic sport for money or any valuable consideration; granted or sanctioned the use of my name to advertise or promote the sale of, or acted as a solicitor for the sale of sporting goods, prizes, trophies or other commodities for use chiefly in or in connection with games or exhibitions in any sport; entered or competed for an athletic organization in which I was not in good standing or competed when under suspension, or in unsanctioned games, or when unregistered.	AAU No. <u>135</u>	
	Date of birth <u>March 31, 1940</u>	
	Place of birth <u>Minneapolis, Minn.</u>	
	Occupation _____	
	Firm or School <u>Webster</u>	
	Nationality <u>American</u>	
	Sport <u>Boxing</u>	
	Team _____	
	I can vouch for the amateur status of this applicant.	
	(Signed) <u>Mrs. L. Westlund</u> (Coach, parent or other responsible person)	

Application (front)

boys and the 1,000 adults who- attended the opening meeting, "I am certain that the more of you boys who go in for boxing under the competent teachers engaged for this camp, the fewer of you will ever see the inside of a court-

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room later in life. The training you are to receive will contribute much toward making you better men physically and morally."

So successful has been the selling job done by the men behind this community boxing program that Minneapolis parents are now thoroughly convinced that the youthful boxers are participating in a wholesome, health-building, program of recreation.

The worth of the program from a sportsmanship point of view was very graphically brought home to me after one of the championship matches.

Two lads, giving forth with everything they had to win, engaged in a very well-boxed and keenly-contested bout.

ENTRY BLANK		WEIGHT
Name <u>Jesse J. Wentland</u>		<u>9.3 lbs</u>
Address <u>737 - Adams St. N.E.</u>		TEAM
City <u>Mpls.</u> Phone <u>865760</u>		
Physician's Report All former injuries and serious illnesses must be reported to Dr. Fred C. Holmquist, Golden Glove physician. Use this space. <u>none</u>	WAIVER DECLARATION I, of my own volition, want to participate in Golden Glove instruction, tournaments and matches. In consideration thereof, I hereby, for myself, heirs, executors and administrators, waive and release any and all of my rights and claims for damages I may have against all other contestants, and against the Minneapolis Star and Tribune Charities, Inc., the Minnesota Amateur Athletic Union and against their representatives or assigns, for any and all injuries suffered in Golden Glove participation, in instruction, tournaments and matches. (Signed) <u>Jesse Wentland</u> (Parent's signature) <u>Mrs. L. Wentland</u> (If not of legal age)	

Application (back)

When it was all over the boy who had been declared the winner went home, wrote a letter to his finals opponent, and enclosed the medal, declaring that he felt the judges had erred in awarding him the decision.

BOXING AS A SUMMER PROJECT

Who wouldn't be whole-heartedly in favor of a program that fosters this kind of exemplary conduct?

Details of the Minneapolis Star Summer Boxing Program for Boys

The summer boxing program for boys sponsored by the Minneapolis *Star* is now a proven and widely-accepted venture in giving boys a sound start toward successful citizenship.

In the sincere hope that organizations and individuals in many other communities will see fit to follow the example of the *Star* I will set forth in the remainder of this chapter a concise summary of the program, with the idea in mind that it may serve as a pattern for similar undertakings.

Program Objectives

To stimulate interest in boxing for red-blooded youngsters who have spare time during the summer and have need of a program under good leadership to keep them occupied and interested, the program to be geared to the teaching of proper hygienic habits—rest, sleep, diet, exercise, and physical conditioning, as well as the teaching of basic fundamentals of boxing.

To encourage parents to observe what boxing can do for their boys physically, mentally, and emotionally.

To instill the spirit of companionship and sportsmanship in boys at an age when boys are anxious and eager to prove themselves, and take delight in combative games and contact sports.

BOXING AS A SUMMER PROJECT

Program Facilities

The training center originally was located in the center of the city but due to the fact that the city decided to build a municipal stadium on this site the program was moved to one of the city playgrounds. Arrangements were made and permission was granted by the Minneapolis Park Board.

The facilities include a dressing room, shower space, all-steel platform ring (canvas, padding, and ring ropes are taken down each night to avoid weather damage), four heavy bags, four light bags with bag platforms, an exercise platform, eight helmets.

The program commences in the middle of June and terminates in the last week of July. Notices are sent to all of the playgrounds in the city for posting.

Program Organization

Each coach is assigned to a district and enrolls boys from his district. Coaches contact Hi Y's, churches and other youth agencies in persuading boys to participate. Promotion assistance is given by the newspaper.

Registration Cards

Each boy fills out a registration card giving address, telephone number, and date of birth. This card must be signed by the parent with a statement of previous medical history to insure a safeguard of the youngsters' physical condition.

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The image shows a rectangular registration card with a double-line border. Inside the border, the word "Official" is written in a large, bold, italicized serif font at the top. Below it, "Minneapolis Star Summer Boxing Program" is written in a smaller, bold, sans-serif font. Underneath that, "Registration Card" is written in a large, bold, italicized serif font. At the bottom, there are three lines for text: "Name" followed by a long horizontal line, "Season" followed by a horizontal line, and "No." followed by a horizontal line.

Registration Card

Training Hours

Training hours were originally between the hours of 4:30 P M and 7:30 P M. In 1951 the hours were changed to 6:00 P M to 8:00 P M to allow more parents the opportunity to observe the program in operation.

Cost of Instruction

Instructors are paid \$1.50 per hour.

Medical Exams

All boys taking part in the program must have a complete medical examination, which is recorded on the back of the registration card.

Implementation of the Program

Coaches' Clinic Because the instruction program receives close scrutiny from the opponents of boxing, it is essential that the best methods of teaching boxing be used by the instructors. Therefore, a special clinic for instructors is held. Boxing rules, scoring, judging, and the teaching of fundamentals to large groups are stressed.

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Instruction Program

The chief emphasis of the summer program is on instruction and consists of stressing the basic fundamentals of boxing.

Junior Golden Glove Tournament

In order to stimulate interest in youngsters with recognized ability a Junior Golden Glove tournament is held as a climax to the summer activity.

Rules and Regulations

Boxers and instructors furnish their own personal gear—trunks, supporters, socks, shoes, mouthpieces, and towels.

Under no circumstances are professional boxers or trainers allowed use of facilities.

Supervisor opens locker room, sets up ring, checks out gear, checks in gear, keeps coaches on schedule, checks attendance of boxing classes, and generally keeps program running smoothly. Each coach is responsible for the activities of his group while at the training center, i.e., dressing rooms, workouts, showers. Coaches work on schedule. On reporting to center they check in with the supervisor.

Class Procedure

Good instruction and supervision are the prime requisites for the success of any program. Facilities and equipment are important only in relation to the guidance present. Success is in proportion to the caliber of guidance.

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What then, if adequate guidance and facilities are available, is the best approach to the successful program? The answer appears to be "Controlled Boxing."

[illegible]

Attendance Chart

Controlled boxing is the practicing of offensive and defensive skills to form a pattern of reflex when in actual

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combat boxing. Controlled boxing means working diligently on each phase of boxing. Footwork, stance, and position of the hands and body are the basic elements.

SUMMER BOXING CAMP Daily Attendance Record Daily Attendance _____ Date _____					
Registration No.	New Candidates	Name	Address	Reg. No.	

Comments: 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">Coaches - Attendance</th> </tr> <tr> <th style="width: 50%;">Name</th> <th style="width: 50%;">Hours</th> </tr> <tr> <td style="height: 40px;"></td> <td></td> </tr> </table>	Coaches - Attendance		Name	Hours		
Coaches - Attendance							
Name	Hours						

Daily Attendance Record

The various offensive blows come next, followed by the various target drills to perfect the delivery. That is, the

BOXING AS A SUMMER PROJECT

opponent holds the open hand or glove in various positions to receive the blow.

The next step is the developing of the defensive skills. This can also be accomplished in mass participation. Controlled boxing comes into play at this point. Boxer A in acquiring the use of the left jab soon works with Boxer B who drills on the various defensive parries and blocks. Only after constant drill can this technique be made a conditioned reflex. The offensive and defensive maneuvering can be applied to every situation in controlled boxing. The interest for those desiring perfection can be maintained throughout each drill without discouraging results. For the best results at the start of each defensive maneuver the offensive blow should be delivered on a three count and command, i.e., Command: "Left jab, ready strike 1, 2, 3." On each count a gradual advance of the left hand is made whereby the defensive boxer conditions his reflex to deflect the blow properly.

The football coach works in a similar way in giving his squad a new play. It is not run at top speed the first time. The team walks through the play. The same procedure is followed in controlled boxing. Gradually the count can be reduced to a two count then to the command: "Boxer A ready—jab," mixing it up by saying, "Boxer B ready jab," etc. Each combination of blows can be developed offensively and defensively in this manner.

Lesson Plan

This starts with muster. Each boy when registering is given a number, and answers by giving his number each time to expedite the roll call.

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MASS INSTRUCTION

1. Limbering up exercises are given first.
2. Review period includes work of previous lesson.
3. New technique—also includes work technique of hitting the bag, skipping rope, etc.

CONTROLLED PLAN

Recommended breakdown of group:

1. Age groups
2. New members of class in one group
3. Classes A, B, C as to ability

So that all will know assignments upon the command from the instructor. Two lines should be formed according to the above breakdown. One line becomes A's, the other B's. In this manner the boys in each group respond more quickly to the change of activity.

Procedure for Handling Large Groups with Limited Facilities

We have found that the most effective method is to divide the boys into groups of 16 after the mass drill is completed each day as follows:

Group No. 1

Boxing—16 boys: Eight boys in the ring at same time, two in each corner participating in controlled boxing; eight boys standing by outside the ring resting and awaiting their turn in the ring. See Illustration No. 101.

Group No. 2

Punching bags — 16 boys: Eight boys hitting the bags: 4 on the light bag, 4 on the heavy bag, 8 boys standing by resting and ready to take their turn.

Group No. 3

Skipping rope — 16 boys: 8 boys skipping, 8 boys standing by.

Group No. 4

Calisthenics — 16 boys: 16 participating.

Group No. 5

Special Instruction—16 boys: 16 participating without gloves on a form of the day's technique, etc.

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One instructor is assigned to each group. However, after the boys become familiar with the plan one supervisor can handle the entire group.

Each group works three one-minute rounds and rests on alternate rounds. On a whistle by the supervisor the groups rotate to the next activity. At the end of the drill the entire group takes a short jog around the park. Sixteen is an arbitrary figure—depending on the amount of equipment on hand, i.e., if only two light bag stands and two heavy bags are used then the best procedure would be groups of eight boys—four boys hitting the bags, four boys standing by, etc. The thought is to set up varied group activities to keep every youngster busy; as the active group completes its one-minute session the group resting takes over.

Program Finance

All financial assistance is provided by the Minneapolis *Star* and the Minneapolis *Tribune* due to the fact that the Minneapolis program is a newspaper promotion. The annual Upper Midwest Golden Glove Tournament is the source of revenue for all expenses. The expenditure of funds is under the control of the Better Sports Committee, which is composed of leading Minneapolis business men. It establishes program policy and controls the expenditure of monies.

In addition to supporting the junior program the fund operates the senior Golden Glove program. The senior program has six Golden Glove centers operating in the various settlement houses in the Minneapolis area. The

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fund provides for leadership and equipment costs under this plan. During the winter months weekly amateur boxing shows are presented. The sponsorship of these shows is delegated to independent organizations such as veteran's clubs, church groups, and labor organizations.

Profits from the weekly shows are used to further expand and improve athletic facilities throughout the community. These various organizations are held accountable to the Better Sports Committee for expenditure of profits. In all cases the money is used to assist various summer camps and settlement house work, and to supply athletic aid.

COMPARATIVE COST OF SUMMER PROGRAM

Junior Tournament Facilities

1st year	Instruction	Super- vision	Equip- ment	Total	Per Capita
2nd year					
3rd year					
4th year	288.00	225.00	2664.64	3177.64*	1.48
	342.00	210.00	206.00	758.00	.50
	228.00	200.00	194.00	622.00	.30
	364.00	268.00	38836	1020.00"	.40

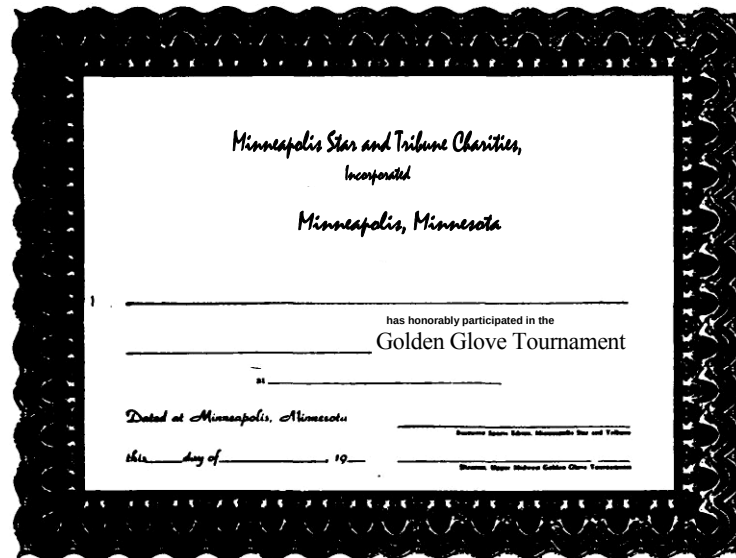
- Includes the cost of the original outlay for the program.
- Includes the cost of moving the program from the original site to another playground.

ORIGINAL OUTLAY COST

Ring and ring cover*	1209.05
Bag platform, skipping platform, plumbing, showers, dressing room	1033.56
Equipment	422.03
 Total	 2664.64

- Ring cover no longer needed as the canvas and mat and ropes are taken down each evening and stowed in wooden box.

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Certificates

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AVERAGE COST OF ANNUAL SUMMER TOURNAMENT

Awards	60.00
Certificates •	51.00
Medical	25.00
	\$136.00

♦ Each youngster completing the prescribed course of ten lessons is presented with a certificate for his efforts. All youngsters entering the tournament are presented with certificates of participation whether they win medals or not.

COMPARATIVE ATTENDANCE RESULTS

	1st year	2nd year	3rd year	4th year
1st week	455	35	23	71
2nd week	449	2	2	7
3rd week	315	18	20	36
4th week	387	5	3	0
5th week	239	19	43	21
6th week	190	1	9	3
7th week	104	20	26	32
		9	7	7
Total	2139*	17	23	43
		8	1	9
		38	40	44
		9	3	0
		1501	1805	2496

• This figure is inaccurate because the attendance was judged by the number of boys participating during each hour of the activity, thereby allowing for an overlapping of participation.

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The Wisconsin Report

ONE OF THE MOST THOROUGH, AUTHENTIC, AND SIGNIFICANT studies of a sports activity ever undertaken on a highly academic plane is the Report to the Faculty on the Study of Intercollegiate Boxing at the University of Wisconsin, published on October 2, 1950.

It was enthusiastically hailed by all proponents of amateur boxing as a decisive victory for them over the many prejudiced individuals who have over a period of many years singled out amateur boxing (not to be confused with professional fighting) for malignment based on personal opinion and hearsay.

In effect, as will be noted in the conclusions, The Report gives amateur boxing as conducted under the N.C.A.A. boxing code a "clean bill of health."

Because of the great length of the original report, particularly in respect to charts and lists of references, many deletions have been made in the following synopsis, which is comprised entirely of verbatim excerpts.

REPORT TO THE FACULTY ON THE STUDY OF INTERCOLLEGIATE BOXING AT THE UNIVERSITY OF WISCONSIN

The Athletic Board of the University of Wisconsin was requested by the Faculty on April 5, 1948 "to furnish the Faculty with the facts pertaining to boxing as a collegiate sport." It was not possible for the Athletic Board alone to make the studies needed to obtain factual information on

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boxing because the Board is not made up of specialists in the subjects requiring investigation. Consequently, the problems raised by the Faculty's request were discussed with Dean Middleton of the Medical School and with Dean Fowlkes of the School of Education.

Dean Middleton asked Dr. John W. Brown, Professor of Preventive Medicine and Director of the Department of Student Health, to head the study of the medical aspects of boxing in college.

Dean Fowlkes asked Professors A. S. Barr and C. W. Harris to conduct a study on the scholastic aspects of college boxing. With Dean Fowlkes' permission, Mr. Vernon E. Woodward, Assistant Professor of Intercollegiate Athletics, was asked to study the attainments and present attitudes toward boxing of former Wisconsin boxers.

Thus, the Athletic Board served as an administrative group which organized, financed, correlated, and finally collected the reports on studies performed by specialists. The reports of the study groups follow. The recommendations of the Athletic Board are contained in a final statement which may be found at the end of this report.

I

A STUDY OF THE MEDICAL ASPECTS OF BOXING IN COLLEGE

Purpose

The purpose of the study has been to accumulate factual information of medical nature. In keeping with this objective, opinions alone have been disregarded, including those expressed by men with wide experience and those based solely upon philosophic or sociologic grounds. There has been no deviation from the conviction that the value of this effort will depend essentially upon the amount and objective nature of the information acquired.

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Methods

Those which have been pursued most actively include:

1. A survey and evaluation of the medical literature which relates to the problem.
2. The study of the students currently participating in intercollegiate boxing at the University of Wisconsin and of as many of their opponents and others as circumstances permitted. During the National Tournaments the N.C.A.A. Rules Committee made possible unrestricted observation and examination of all competitors. As many examinations as feasible were made during each Tournament. Boxing coaches, athletic directors and other interested persons from all sections of the country were present. They were cooperative.

Factual information concerning the immediate physical effects of boxing in college has been accumulated. This was obtained by comprehensive physical examinations made before and after each season and at intervals as indicated, neurologic examinations, a limited number of psychometric tests, examination of many contestants by means of the electroencephalograph, and observation by one or more of the physicians mentioned above during practice and competition.

Only two seasons of intercollegiate boxing have been observed.

Results

Nature of Competition

Each season of competition for University of Wisconsin teams, exclusive of practice, included the Annual Contenders' Tournament, the All-University Tournament, 7 intercollegiate team matches of 8 bouts each, the Northwest Intercollegiate Boxing Tournament and the N.C.A.A. Tournament.

Summary of Competition and Physical Effects Observed

During the two seasons, 188 intercollegiate bouts were closely observed by members of this study group. Forty other inter-

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collegiate bouts, involving University of Wisconsin students, occurred and certain data were obtained about them but observations were not made at the time by a member of this group. The 188 bouts which form the basis of most of the information listed included dual team matches of the Wisconsin Boxing Team and the Northwest Intercollegiate and N.C.A.A. Tournaments. There were 376 contestants involved. The University of Wisconsin Contenders' Tournament and All-University Tournament consisted of 147 bouts during the two seasons. These were observed less closely than the intercollegiate contests but are included. With these a total of 335 college contests were reviewed. This represents 670 contestants.

In the experience of the observers there were no episodes during which a contestant received a series of hard blows to the head after becoming dazed or unable to defend himself. Contests were stopped quickly when a hazard of this kind developed. Blows which resulted in the knockdown of an opponent were infrequent. Falls due to obvious stumbling or slipping are not considered. There is no evidence that any contestant suffered an injury which will result in permanent residual disability.

These observations suggest that acute injuries of serious nature do not occur frequently during active participation in boxing in college, as conducted by member institutions of the N.C.A.A. (Italics supplied.)

Electroencephalograms

Electroencephalograms were made on members of the University of Wisconsin Boxing Team and other college participants. . . . Of most importance for the purpose of the study were the 193 tracings obtained on 135 individuals immediately after a bout. Nineteen of these were dazed during the contest in the opinion of the observers. Two of the 19 had been momentarily unconscious. *In the judgment of Dr. Gilson none*

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of these electroencephalograms was abnormal. Twelve older men who had participated in college boxing at some time in the past, volunteered for an electroencephalogram. All of these tracings were normal. (Italics supplied.)

The significance of the electroencephalograms under the conditions in which they were obtained is not clear. To the best of our knowledge the electroencephalograph has not previously been employed to test college boxers. The experience and the results obtained with this test in professional boxing is not known to us as yet.

The contestants examined during this study represented the most experienced of college boxers, many of whom had been active in boxing for some years. An evaluation of the apparently negative findings must be limited by the extent of present day knowledge as it is provided by the experts in the field of electroencephalography. That pertinent with respect to the problem under consideration was summarized by Dr. Gilson as follows:

"In cases of head injury, abnormal activity of variable severity would be expected. A moderately severe blow with momentary unconsciousness or dazing would produce transitory abnormality, disappearing almost as soon as consciousness reappeared. A severe head injury, as might be encountered in an industrial or automobile accident, with prolonged unconsciousness, would produce prolonged abnormality, lasting for many days after the reappearance of consciousness."

Anti-Boxing Articles Discredited

The many articles which have appeared in popular magazines cannot receive notice in a search for scientifically established facts. The material presented in these would appear to be selected to support the opinions expressed. Various aspects of the controversy relating to the acceptability of boxing for the collegiate athletic program have been studied

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All are deficient in factual information of real value. The lack of information on the changes in the brain as the result of boxing, especially college boxing, is a handicap. Many theses have been based upon information obtained from questionnaires which were sent to interested officials, pathologists, physicians of experience and others. Most investigators will agree that the use of questionnaires is not a satisfactory method for obtaining reliable data. This is undoubtedly especially true of an area of popular interest, such as boxing, where opinions are so likely to be of influence. Conclusions which are derived from the answers to a questionnaire of the opinion type have very limited value, in our judgment.

Cumulative Effects of Boxing in College

That aspect of boxing in college which concerns the cumulative effects, if any, appears to require serious attention. To date very little information has been obtained. The fact that examples of the "punch-drunk" state are recognized in the ranks of professional boxers and are probably due to severe repeated blows to the head demands a determined effort to learn what bearing this has on the participants in college. To this end studies are in progress to evaluate the records in boxing, health records, academic achievements and subsequent progress of as many former Wisconsin boxers as possible. Insofar as reliable information can be obtained, similar data may be sought from other schools. The effort to obtain this information is independent of the officials connected with the sport. This effort will not duplicate that made by the School of Education. However, because of the many imponderables which must modify such data, its real value will be questionable. Some of the observations outlined have an indirect bearing.

Recently, Mr. Vernon E. Woodward, Assistant Professor of Intercollegiate Athletics at the University of Wisconsin, sent a questionnaire to former participants in intercollegiate box-

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ing at Wisconsin. A copy of the data obtained by the replies of 92 former students (71% response) is attached for reference. It is subject to all of the limitations attendant upon questionnaires. The material is interesting in connection with the question of cumulative effects of boxing in college.

Discussion

A review of the experience reported suggests that acute injuries of serious nature do not occur frequently during boxing in colleges under the supervision of the N.C.A.A. Although based upon data obtained during a considerable number of contests, the observations are limited to those representatives, students and officials, of the institutions who participated within the range of the study group. These should not be interpreted to represent, at present, those expected of college boxing in general. However, the observations of the past two seasons may prove to be characteristic if the present standards are maintained and extended. There is evidence that the measures employed, under the direction of the Rules Committee of the N.C.A.A., to safeguard the participants in college are exerting a beneficial effect on the conduct of the sport elsewhere.

The second year of this study has been accompanied by many additional expressions of interest by individuals concerned with various aspects of boxing. Several schools have indicated that the results will be helpful to their program if sufficient data are accumulated. It seems clear that the responsibility for a contribution of value has increased and extended beyond the local problem at the University of Wisconsin.

(Signed) JOHN W. BROWN, M.D.
*Professor of Preventive
Medicine
Director, Department of
Student Health*

May 29, 1950

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II

A STUDY OF ATTAINMENTS AND PRESENT ATTITUDES TOWARD BOXING OF FORMER MEMBERS OF UNIVERSITY OF WISCONSIN BOXING TEAMS

This study was undertaken with the purpose of obtaining some information relative to the cumulative effects of boxing in college on members of former Wisconsin boxing teams. It includes those who participated during the years 1929 through 1948.

Methods

The questionnaire method was used. Questions were included which pertain to the progress of the individual after leaving the University of Wisconsin, high school and college athletic records, opinions relative to personal experience in boxing and present attitude toward the sport in college and elsewhere.

The names and addresses of the students who had competed during the years 1929 through 1948 were secured through the following sources:

- a. "W" club files.
- b. Wisconsin Alumni Association.
- c. Sports publicity department.
- d. Study of the history of boxing at Wisconsin.

The questionnaire was prepared and approved through discussion with Harry Stuhldreher, Director of Athletics, and Dr. John W. Brown, Chairman, Department of Preventive Medicine and Student Health. Questionnaires were sent to 145 former boxers at Wisconsin. This represents all of those revealed by study of the sources mentioned.

Results

The 145 former boxers to whom questionnaires were sent included many who boxed during the period when intra-

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mural and All-University Tournaments were the only sources of competition. Since intercollegiate boxing was not begun until 1933, a few of the former participants included had been limited to amateur bouts. This is indicated on their questionnaires.

Major "W" awards were granted boxing team members beginning in the spring of 1936. There are 12 years in which major "W's" were awarded. Those qualified are listed as "W" men. Those who boxed during the years prior to 1936 and those who participated but did not qualify for the "W" after this date are identified as Non "W" men.

The use of questionnaires to obtain data of this character introduces many imponderable factors. The voluntary nature of the cooperation desired provides an element of selection. As a result, the evaluation of these data will not permit dogmatic statements of fact. Nevertheless, the material obtained in the replies to the questionnaires is interesting and worthy of consideration.

The tabulations are divided into those which contain *answers of fact* and those consisting of only *opinions* based on experience. Under each heading the replies are classified according to the number of years which has elapsed since the individual left the University. The more important aspects of the problem approached, on which some data have been provided, will be briefly discussed.

A total of 4 of the 92 former University of Wisconsin boxers have had subsequent experience in professional boxing. The total number of individuals who have admitted to having been knocked out during a bout is 25. The number of former boxers who received a collegiate degree is 69, distributed approximately equally between those who won their "W" and those who did not. Twenty-four of the total continued in the University after graduation and received higher degrees. The number of those who reported that they had engaged in their chosen profession since leaving the University is 65.

The answers based exclusively on opinions reveal that all

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former participants (92) believe that boxing is worthwhile for the collegiate athletic program. (Italics supplied.) However, 52 of the 92 who answered the question are of the belief that professional boxing is dangerous. Three reported that they had seen a college boxer seriously injured as the result of his participation in the sport. Ten believe that the sport arouses "undesirable emotions" in spectators at boxing matches. By their answers 5 indicated that in their opinion they have seen individuals who were "punch-drunk" as a result of college boxing. A significant percentage of the questionnaires contain the comment that boxing in college is beneficial in many respects.

Summary

Questionnaires were sent out to all of the former members of the University of Wisconsin Boxing Teams who competed during the years 1929 through 1948, insofar as could be determined. Ninety-two (71%) of the questionnaires actually delivered to the addressee were returned and the data obtained were tabulated and a few remarks made relative to the more significant findings suggested by them.

The limitations which obtain when the method employed is used are understood and explained. However, it seems justifiable to conclude that these data indicate that the overwhelming majority of former University of Wisconsin boxers are of the belief that boxing in college is beneficial and should be part of the collegiate athletic program.

VERNON E. WOODWARD,
*Assistant Professor of
Intercollegiate Athletics,
University of Wisconsin*

May 29, 1950

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TABULATION OF OPINIONS RECEIVED FROM 92 FORMER MEMBERS OF THE
UNIVERSITY OF WISCONSIN BOXING TEAM RELATIVE TO THE
BENEFITS DERIVED FROM PARTICIPATION IN COLLEGE

• Benefits from College Boxing Indicated in Answers to Questionnaire	Years Since Leaving the University of Wisconsin				
	5 or less	10	15	Over 15	Total
Increased moral discipline	2	1	5	0	8
Physical conditioning and health	13	13	12	7	45
Desirable contacts made	2	3	3	0	8
Ability to defend oneself	1	3	2	3	9
Coordination improved	1	1	1	0	3
Self-confidence developed	17	13	14	4	48
Competitive spirit beneficial	3	0	4	0	7
Good sportsmanship	5	5	5	3	18
Built up friendship	12	10	6	2	30
Leadership encouraged	2	2	2	0	6
Helped in teaching methods	2	0	0	0	2
Self-control improved	1	2	4	0	7
Helped to think clearly under pressure	3	3	3	1	10
Provided chance to travel	1	0	3	0	4
Developed practical concept of health- ful living	1	1	1	0	3
Taught cooperation	1	1	1	0	3
Developed a recognition and respect for other person	2	1	3	3	9
Developed poise	6	3	6	1	16
Developed relaxation	0	1	1	0	2
Educational advantages	0	2	2	0	4

• The questionnaire did not ask specific questions on these aspects. The opinions tabulated were volunteered independently under section on Remarks.

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PRESENT OCCUPATION OF 92 FORMER MEMBERS OF THE UNIVERSITY OF WISCONSIN BOXING TEAM

<i>Replies to Questionnaire</i>	<i>Year Since Leaving University of Wisconsin</i>				
	5 or less	10	15	Over 15	Total
Policeman, Sheriff's Investigation	0	2	1	0	3
Physician and Surgeon (M.D.)	0	0	3	1	4
Students	11	0	0	0	11
Accountants	1	1	0	0	2
Attorneys	1	2	2	2	7
Chemist	0	0	1	0	1
Salesman and Sales Managers	5	1	3	5	14
Newspapermen and Writers	1	1	0	0	2
Business Executives	0	1	4	3	8
Real Estate	0	0	1	0	1
Die Designers and Sheet Metal Me- chanics	1	1	1	0	3
Armed Forces, Officers	1	2	0	1	4
Building and Contracting Company . .	0	1	1	1	3
Ichthyologist	0	1	0	0	1
Insurance	0	1	2	1	4
Professors in College (Medicine, L&S, etc.)	0	0	4	2	6
Druggists	1	0	1	0	2
Teachers (Coaches, History, Science, etc.)	2	5	0	1	8
Engineer (Electrical, Civil, Chemical, etc.)	5	2	1	0	8
Agronomist	0	1	0	0	1
Farmers	1	0	1	0	2
Laboratory Technician	0	1	0	0	1
* Total	30	23	26	17	96

* Four individuals have listed 2 occupations.

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III

A REPORT ON THE SCHOLASTIC ASPECT OF THE BOXING STUDY

Statement of the Problem

This study was undertaken as an attempt to determine whether any significant differences exist between the scholastic grade-point averages of a group of intercollegiate boxers and a group of non-athletes when these two groups are equal in scholastic ability, and age, and when the individuals of each group are matched with individuals of the other group as to course of study and year in school.

A second portion of the study attempts to determine whether any significant differences exist between the scholastic grade-point averages of a group of intercollegiate boxers and a group of mixed athletes, when these two groups are also matched according to scholastic ability, course of study, age, and year in school.

Definition of Terms

Grade-point average is the index of scholarship now used at the University of Wisconsin. It is the ratio obtained by dividing the total grade-points earned by the number of credits carried. Grade-points are assigned according to the following scale:

<i>Course Grade</i>	<i>Grade Points per Credit</i>
A (Excellent)	3
B (Good)	2
C (Fair)	1
D (Poor)	0
E (Condition)	$-\frac{1}{2}$
F (Failure)	-1

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The number of credits carried depends upon the number and kind of the courses pursued. Courses are generally valued anywhere from 0 to 5 credits, depending upon their nature, and the number of times per week they meet. The University Course Committee, in cooperation with the department and the faculty concerned, fixes the number of credits assigned to a particular course. The usual credit load for each student is 15, but this varies somewhat for certain of the university colleges and departments.

The term, "intercollegiate boxer," is used to denote any man who has represented the University of Wisconsin in an intercollegiate boxing match at any time from the year 1934 up to the present time.

The term, "non-athlete," is used in this paper to denote any male student who has never won a major or minor athletic letter for participation in intercollegiate athletics at the University of Wisconsin.

The term, "scholastic ability," is used herein to mean the capacity of a student to do satisfactory (passing) academic work at the University of Wisconsin, or a comparable institution.

The term, "course of study," will be used to denote the college in which a student is enrolled and, in a few cases, the degree toward which the student is working.

Results of the Study

When predicted grade-point average was used as a matching criterion, the mean grade-point average of the group of 35 boxers was 1.32, while the mean grade-point average of the 35 non-athletes was 1.47. This represented a difference in means of .15 in favor of the non-athletes. The critical ratio of the difference between means was computed as 1.84. A critical ratio of 1.84 indicates that a difference in means equal to, or larger than .15 would be expected to occur by chance

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only about six times in 100, if the true difference in means were assumed to be zero.

Using predicted grade-point average as a matching criterion, the actual mean grade-point average of the boxers was found to be 1.27, and the average of the athletes was 1.33. The difference in means of .06 was in favor of the athletes. The critical ratio of the difference between the means, however, was .53. A critical ratio of this magnitude indicates that the difference of .06 between the means of the groups is not statistically significant.

It will be noted that similar results were obtained when percentile rank and American Council Psychological Examination scores were used as matching criteria.

In this case 37 pairs of matched boxers and students yielded a difference in mean grade-point averages of .10 in favor of the students. The critical ratio of the difference between means was computed as 1.46. This ratio would seem to indicate that a difference equal to, or larger than .10 could be expected by chance about seven times out of 100.

In comparing the grade-point averages of boxers and non-boxing athletes, it was found that the difference in mean grade-point average between the groups was .13 in favor of the non-boxing athletes. The critical ratio of the difference between means was 1.08. Thus, on the basis of chance alone, a difference in means of .13 could be expected about fourteen times in 100.

Conclusions

It would appear from the results of this study that there is some factor or combination of factors which tends to produce a somewhat higher grade-point average for non-athletes than for intercollegiate boxers at the University of Wisconsin. Even though groups of non-athletes were equated in predicted grade-point average, American Council Examination Scores, high school percentile rank, age, course of study, and year in school with the boxers, some force seemed to work in

APPENDIX

favor of the non-athlete group. However, the critical ratios of 1.84 and 1.46 do not approach the conventionally demanded ratio of 3.00 for significance at better than 1% level.

It is also indicated by the results of this study that there is no significant difference between the final grade-point averages of equated groups of boxers and mixed athletes. The differences between mean grade-point average, .06 and .13, are very insignificant. Differences as great or greater than .06 and .13 would be expected about 48 and 45 times out of 100 respectively on the basis of chance alone, assuming that the true differences between means were zero.

Generally speaking, then, it can be said that this study indicates that intercollegiate boxers at the University of Wisconsin make slightly lower grade-point averages than male non-athletes of the same age, predicted grade-point average, American Council Psychological Examination scores, high school percentile rank, course of study, and year in school.

It can also be stated that there seems to be no significant difference between the academic grade-point averages of a group of intercollegiate boxers at the University of Wisconsin, and a group of mixed athletes with the same age, course of study, predicted grade-point average, American Council Psychological Examination Scores, high school percentile rank, and year in college.

By: CLIFFORD H. CHAFFEE
GORDON JENSEN
RODNEY LEVERENTZ
Work done under supervision
of: A. S. BARR AND C. W. HARRIS

July 1, 1949

THE WISCONSIN REPORT

IV

COMMENTS AND RECOMMENDATIONS OF THE ATHLETIC BOARD

Medical Aspects

The facts obtained in a two-year study suggest that acute injuries of a serious nature do not occur frequently in inter-collegiate boxing in colleges and universities under the supervision of the N.C.A.A. It is believed that further study of the medical aspects of the sport should be carried on for at least another year. Additional factual information is needed by the groups responsible for the study of medical aspects of boxing to enable them to reach final conclusions.

Attainments of Former Boxers and Their Present Attitudes Toward Boxing

The questionnaire method which had to be employed in this study is subject to obvious limitations. However, it is believed that Mr. Woodward and his colleagues have collected as much factual information as possible, and have presented both facts and opinions clearly and objectively.

It is apparent that the former boxers are a "normal" group of university alumni. Only two of the non-"W" men, and two of the "W" winners have participated in professional boxing; all of the other boxers are engaged in businesses and professions of widely varying nature. Only one former boxer believes that college boxing is dangerous, and is not a worthwhile sport, but fifty-two are of the opinion that professional boxing is dangerous. None of the former boxers stated that he had contracted illness due to boxing in college.

Although the questionnaire did not ask for opinions regarding benefits which might be derived from boxing in college, many of the former boxers volunteered information which

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reveals that: (1) physical conditioning; (2) development of self-confidence; (3) building friendship; (4) promotion of sportsmanship; (5) development of poise; and (6) training to think clearly under pressure are some of the main "plus values" of the sport.

Scholastic Aspects

When scholastic achievement is measured by grade-point averages, it is apparent that boxers at the University of Wisconsin make records equal to those of non-boxing athletes. Comparison of the grade-point averages of boxers with those of non-athlete students reveals that non-athletes make slightly higher grade-point averages than boxers. There is no evidence that participation in intercollegiate boxing at Wisconsin causes either a decrease or an increase in the grade-point average of a student athlete.

Other Factors

A study of intercollegiate boxing is necessarily complex. There are psychologic, emotional, and social aspects of the sport that involve spectators as well as participants. The Athletic Board has not been able to initiate studies that might yield factual information on these subjects. It is believed that there will always be differences of opinion regarding the desirability of intercollegiate boxing, and the relation of the sport to the cultural standards of the University. The problem, inescapably, is deeply involved with the principles governing intercollegiate sports in general, with emotions and opinions interwoven almost inextricably. However, every factor that exerts an influence should be considered with care. Those engaged in a study of boxing must seek as wide a knowledge of the entire problem as possible, and conclusions that are drawn must be based upon facts.

THE WISCONSIN REPORT

In keeping with the principles of the University, it is believed that intercollegiate boxing is being conducted in an exemplary manner. It is possible that the conduct of intercollegiate boxing at Wisconsin may lead to general progress in the sport.

THE ATHLETIC BOARD:

KENNETH LITTLE, *Ex officio*
WILLIAM B. SARLES, *Chairman*
RICHARD V. CAMPBELL
HARRY F. HARLOW

FRANK L. WESTON
JOSEPH A. CUTLER
WILLIAM D. HOARD, JR.
STEVE W. GREMBAN

June 30, 1950

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